



## **Flying Eagles Athletics & XC Programs**

**Tony C. Baker - Academy Director**  
NCAS/IAAF/ATFCA Accredited Level 2, Assoc.  
Sports Medicine Aust., Aff Old Athletics,  
Metropolitan School Sport, Oceania Athletics  
Coaches Association.

P O Box 4550  
Eight Mile Plains Q 4113

Tel: 0419 672 537  
AH: 07 3423 3319  
Email: [futuresportz@optusnet.com.au](mailto:futuresportz@optusnet.com.au)

*“Developing young athletes”*



### ***FutureSportZ's Director***

**Train with one of the best** -Tony Baker is a talented & dedicated coach with *extensive experience, & commitment to coaching & guiding young athletes.* Tony gained his athletics coaching qualifications (Level 2) via the Australian Track & Field Coaches

Association, Queensland Athletics, the National Coaching Accreditation Scheme & University of Queensland.. He holds a “working with children” suitability card reg. no 4436/3. *He is a much-respected Coach in Queensland.*

Tony has supervised & coached primary, secondary school, & young adult athletes in many competitions such as; Combined Independent Colleges Championships, Junior GPS, & GPS Championships, District, Regional, State & National Schools Championships. He is also currently a Coach with the Metropolitan West Primary Schools Regional cross-country team.

***Tony is well qualified to coach athletics, including cross-country.*** His coaching focus covers; *Sprints, Hurdles, Jumps, Middle Distance & Cross-Country.*



Tony is well known for the *tremendous care & concern he has for the youngsters he works with.* He is enthusiastic & energetic in his approach to coaching, with his coaching philosophy based on firm expectations & respect, coupled with lots of encouragement, guidance & praise. *He has a knack of putting kids at ease very quickly.* Many references are available on request.

The ***FutureSportZ Academy***<sup>®</sup> offers sports talent management, mentoring, training, coaching & physical therapy programs that care for the whole of the young athlete. The program has a natural focus on the most beneficial development of the young athlete's sporting & physical talent, but takes into account their school, home & recreational life, assisting the athlete & their family to underpin & nurture their sporting ability & potential.

## **MISSION STATEMENT**

*"The purpose of FutureSportZ<sup>®</sup> is to assist young athletes to maximize their natural talents, thus giving them an excellent chance to fulfill their sporting dreams. FutureSportZ<sup>®</sup> will provide an environment that promotes the physical, mental, intellectual, emotional and sporting well being of the young athlete".*

**FutureSportZ<sup>®</sup> will provide your child with an environment of achievement, success & self-belief.**

The costs for our services are reasonable, & designed to give access to as many young athletes & their families as possible. Due to the extensive demand for our services – first priority is given to those athletes who are part of our regular programs. We are a compassionate company & costs are negotiable in cases of need. Please discuss this with us. *Our priority is to ensure that young athletes are cared for, coached & trained well – to achieve their potential in sport.*

Tony's contacts with many aspects of youth sport are of great benefit to his coaching students. He works with athletes from many different schools & areas around Brisbane, with his coaching programs based at the **University of Queensland Athletics Complex at St Lucia.**

Tony's first priority in coaching your child will be to develop a positive self-esteem, followed by the teaching of enjoyment, attitude, skills, technique, strategy & tactics. Youngsters under Tony's coaching have reached State, Regional, Schools, District & National representative levels, with many medal winners.

### **SHOULD MY CHILD BE COACHED?**

If your young athlete has a definite desire to enjoy & improve their athletics, and is willing to practice in their own time as well, then Tony will be able to improve their skills, speed & distance significantly. This will increase success & enjoyment in this great sport! The minimum age for attending coaching is usually around 10 years, but exceptions can be considered.

Advice/Training will be offered on all aspects

from the basic skills through to advanced levels, fitness, strength, nutrition, injury prevention/management, massage therapy, technique & equipment.

Tony also has senior first aid qualifications, & significant expertise in injury management & massage therapy.

***The advantages for your child will be;***

- ***Positive image & self esteem***
- ***Coaching individually matched to your child's needs***
- ***A coach who cares for young athletes, & loves the sport!***
- ***A coach who genuinely enjoys working with young athletes***
- ***Enhanced skills, techniques & confidence & results***
- ***More enjoyment, success, & fun!***
- ***A key supporter in your child's "corner"***



### ***Coaching Rates:***

Our coaching rates are generally in the order of \$45.00 per session/hour, less for each athlete in pairs/squads (paid in advance). Massage therapy is \$45 per session (home visit). Players can be coached/trained individually, in pairs, & there are XC squads. If in pairs it is of assistance if they have a training/coaching partner they know of similar ability.

Tony is recognized as a Coach who is consistently able to get the very best from the young athletes in his care.

***We look forward to working with your young athlete, improving their skills, & their ability to succeed, & to enjoy their athletics.***

### **Our families have said...**

"...under Tony's guidance & influence she has

developed into a confident, skillful & happy athlete. She has improved dramatically since Tony has been her coach"



"Tony's knowledge, guidance & encouragement have been invaluable in teaching correct technique...this has meant a big increase in the self- esteem & confidence of our boys."

"Tony's professional manner, bearing & sincere approach to coaching is clearly evident, & he shows a genuine understanding & empathy for our boys"

**FutureSportZ - Developing young athletes**