



LOOKING TO STUDY AND PLAY  
AT THE UOW IN 2022?

GET SPORT READY  
WITH **SPORT AT WAIKATO**



# GET SPORT READY

## HIT THE GROUND RUNNING

START YOUR YEAR WITH REAL MOMENTUM IN A  
PROGRAMME DESIGNED TO MAKE THE TRANSITION  
BETWEEN HIGH SCHOOL AND UNIVERSITY SPORT  
**THAT MUCH EASIER**

## 6 WEEK PROGRAMME

**2 x SPORTS CLUB SESSIONS**  
**6 WEEK UNIREC MEMBERSHIP**  
**1 x STRENGTH AND CONDITIONING**  
**PROGRAMME (ADAPTED TO YOUR SPORT)**

## THE DETAILS

**COST** - \$30 (DEDUCTIBLE IF YOU JOIN A SPORTS CLUB)

**WHEN** - 17 JANUARY TO 25 FEBRUARY 2022

**SPORT** - FOOTBALL, HOCKEY, NETBALL, ROWING, RUGBY  
OR INTRO TO GYM

**EXPERIENCE** - OPEN TO ALL LEVELS



**REGISTER NOW AT**

<https://forms.gle/bn3oC5FVqs1rNDcY7>

