



2007 SA FITNESS INDUSTRY AWARDS CRITERIA & NOMINATION FORM

PERSONAL TRAINER OF THE YEAR AWARD (sole enterprise or part of a fitness facility)

Eligibility

The Personal Trainer of the Year Award recognises an individual who is a practicing industry professional spending at least 15 hours per week training clients one-on-one and has demonstrated exceptional leadership, business management, motivational and instructional skills, and who has inspired his or her clients to greater personal growth and a higher level of fitness.

The nominee must be a Registered Fitness Professional and must have been working in the personal training industry for a minimum of three to five years.

Nomination Instructions

To nominate a nominee/s for the 2007 SA Fitness Industry Awards, please follow the Nomination Instructions carefully and complete the Nomination Form.

Each application is carefully reviewed, and any deviation from the Nomination Instructions and Criteria may result in a disqualification.

Step 1 Complete the Nomination Form.

Step 2 Submit no more than a 100-word summary of the nominee's three greatest measurable contributions to the fitness industry from 1 July 2006 – 30 June 2007. Give specific examples such as "raised club membership retention by 20%," "increased class participation by 25%," or "motivated 50 sedentary people to adopt an active lifestyle."

Step 3 Supply detailed answers to the Criteria under the award you are nominating for, limited to no more than four one-sided typed (or computer generated) pages, using a 12-point font size or larger.

Step 4 Include a copy of the nominee's résumé, not to exceed two pages. The résumé should detail the number of years the nominee has been in the fitness industry, the extent of their "hands-on" training or teaching experiences, the number of hours per week spent training or teaching clients, educational background and certification/s.

Step 5 Supply two references, one from a client and one from a professional colleague.

Step 6 (Optional) Include up to three newspaper or magazine clippings about the nominee's program/s or facility. Please photocopy them on A4 paper, reducing clippings to fit if necessary.

Step 7 Include six copies of the total application (including the original).

Step 8 Provide one original photograph of the nominee (preferably a head shot) that can be used in a publication and slide presentation.

Step 9 Send all materials to Recreation SA by 5pm, Friday 10 August 2007. Nominations may be sent by Australia Post, facsimile or e-mail to the following:

Recreation South Australia

73 Wakefield Street, Adelaide SA 5000

Facsimile (08) 82327188 or e-mail recadmin@tpg.com.au

Entries will only be accepted if they are post marked before the closing date. No late entries will be accepted. Receipt of submission will be notified in writing by Recreation SA and addressed to the nominated contact on the Nomination Form.

Important Notice

Please do not send videotapes, audiotapes, brochures or posters. They will not be reviewed as part of the application process and will be discarded. Once the nomination deadline arrives, all nominations will be sent to a panel of judges selected by the Fitness Standing Committee. The judges' decision is final and no discussion or correspondence will be entered into.

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### **Criteria for Personal Trainer of the Year – for fitness industry activities carried out from 1 July 2006 – 30 June 2007.**

- Describe the nominee's philosophical approach to running their business and training their clients.
- Outline the nominee's ability to build relationships with their clients, and the ways in which they motivate and inspire them.
- Characterise the professional and ethical standards to which the nominee adhere, their personal mission and their goals for the future of the personal training industry.
- Describe the program/s the nominee has implemented to help their clients achieve their goals, and the success their clients have enjoyed as a result of the program/s.
- Characterise the skills the nominee utilises to assist their clients in taking responsibility for attaining their fitness goals while maintaining and building mutual respect.
- Describe the populations of individuals the nominee works with.
- Summarise how the nominee's contributions as a trainer has enhanced the growth and credibility of their organisation (whether a sole enterprise or part of a fitness facility). Include financial and participatory growth.
- Describe the nominee's contributions to the professional credibility, development and/or awareness of the personal training industry in South Australia. Summarise the nominee's participation in local, national and/or international industry-related events, committees, task forces, publications (please list), and presentations.
- Outline the nominee's participation in the community and/or influence on the public, including, but not limited to, lectures, awareness campaigns, newspaper and magazine articles, or other media presentations. Describe how the nominee's work and program(s) increase community awareness or benefit the community.

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2007 SA Fitness Industry Awards Nomination Form

Please indicate which award you are nominating for (tick one only)

- | | |
|--|---|
| <input type="checkbox"/> Group Fitness Manager of the Year | <input type="checkbox"/> Fitness Professional of the Year |
| <input type="checkbox"/> Fitness Trainee of the Year | <input type="checkbox"/> Life Time Achievement Award |
| <input type="checkbox"/> Fitness Centre/Studio of the Year | <input type="checkbox"/> Personal Trainer of the Year |
| <input type="checkbox"/> Membership-Sales Consultant of the Year | <input type="checkbox"/> Community Fitness Instructor of the Year |

Nominated by (if applicable): _____

Nominee's Full Name: _____

Nominee's Fitness Australia Registration Number: _____

Home Phone: _____

Business Phone: _____

Mobile Phone: _____

E-mail: _____

Address: _____

Employer: _____

All statements and claims in this application are accurate. My submission is subject to disqualification if any inaccuracies or misstatements are uncovered during the review of this submission. I agree to keep all award information confidential until Recreation SA publicly announces this information.

Sign: _____ Date: _____

Name: _____ Position: _____

Recreation SA
73 Wakefield Street
Adelaide, SA 5000
Email: recadmin@tpg.com.au
Fax Number: 08 8232 7188
Nominations close Friday 10 August 2007 at 5pm