

Monash Youth Sports & Recreation Grant Application Form

Applications close on Friday 25 November 2022.

Name	John Citizen
Address	2 Euneva Ave, Glen Waverley
Age	20
Mobile	0400 000 000
Connection to Monash	Live and study in the City of Monash
Who referred you to this program?	Monash Youth Services website

ACTIVITY
1. What activity are you intending to participate in?
Cardio and strength training to keep fit.
2. Why does this activity interest you?
I never had cardio or strength training before and I'd like to try these activities to keep fit.
3. How do you plan to maintain your involvement in this activity?
I'd like to join in a gym and have a professional trainer to help me setting up training goals and getting familiar with the equipment in the gym. This will increase my confidence going to gym on my own and make sure the exercises I'm doing are useful and correct.
4. What are your main barriers to participating in this activity?
I don't have anyone who can teach me how to do cardio and strength training correctly. I want to make sure I know what I'm doing in gym before investing money in joining gym long-term.

COST
1. What is the cost of your activity? Can you please provide a breakdown of costs?
Item 1: Four weeks gym membership fee at Monash Aquatic & Recreation Centre - \$40.50 per fortnight x 2 = \$81.00 Item 2: Personal trainer to guide me through the gym and set up goals on Day 1 - \$70 per session x 1 = \$70.00 Item 3: Personal trainer to review my gym goals - \$70 per session x 1 = \$70.00 Total: \$221.00
2. What can you contribute to the overall cost?
I'll prepare my own gym wear. I'll continue paying for the membership fee and maintain the momentum.

GOAL
1. What are you looking forward to achieving through your participation in this activity?
I'd like to see enhanced confidence in going to gym to doing exercises on my own. I'd like to see increased knowledge of using equipment appropriately and correctly. I'd like to see improved fitness.

TERMS AND CONDITIONS

Participants need to be open to receive a follow-up call to see how the grant has assisted them.

Participants need to be open to sharing a photo of themselves participating in their chosen activity. The photograph does not need to be a profile photograph of the individual.

Monash City Council shall not be liable for any injury, loss or damage, incurred participating in your chosen activity or sport.

Each individual can only apply once for the grant.

Privacy Collection Statement

Monash City Council ("Council") collects personal information via this form to process applications and for related purposes which the individual to whom the information relates may reasonably expect. Council will not release or provide access to personal information to any other person or body, unless (a) it has been authorised to do so by the person to whom the information relates, (b) it is permitted or required to do so by law, or (c) it is appropriate or required in the performance of the functions of Council. If you refuse to supply the requested information, we may not be able to process your application. You may gain access to your personal information by contacting Council's Privacy Officer via email at legal@monash.vic.gov.au.