

RESOURCES

Dance and Music

Bush Dance Kit (CD)

30 best-loved bush and folk dances. Fully illustrated with instructions and 2 companion CDs. Song selection includes: Brown Jug Polka, Galopede and Cumberland Reel (Easy Dances), Irish Trot, Virginia Reel and Flying Pieman (Moderate Dances), Colonial Quadrille, Scottish Circle and Willow Tree (More Complex Dances)

Code 687412 EX GST 30.55 INC GST 33.60

Cool Cats Big Bush Dance (CD & Book)

With Paraddiddle Band. 12 great bush dances, all dances called, large easy to read instructions, Free CD with every book. Songs include: The Shearer's Skip, Emus and Kangaroos, The Damper Stamp, The Moreton Bay March, The Galopede, The Stockyards, The Troika, The Haymaker's Jig, The Brown Jug Polka, The Cumberland Square Eight, The Buttered Peas and The Waves of Tory.

Code 687414 EX GST 31.64 INC GST 34.80

Cool Cats Big Dance Party (CD & Book)

Social Dance with the Paraddiddle Dance Band. The Birdie Dance, The Hokey Pokey, The Twist, The Limbo, The Nutbush, The Bus Stop, The Barn Dance, The Pride of Erin, The Evening 3 Step, The Mexican Hat Dance, Ballin' the Jack, The Progressive Jive, The Macarena, The Popcorn Line Dance... perfect for socials, concerts, class parties, graduations, physical work breaks or just rainy days. Great 'cat' illustrations of the steps and dance calls where appropriate. Book and CD.

Code 687416 EX GST 31.64 INC GST 34.80

Campfire Song Book

100 great sing-along songs from around the world. Folk songs, blues ballads, country songs, jazz songs, fun songs, spirituals and kids songs. All with music and arranged with easy-to-play guitar chords. Titles include: Bill Bailey, Botany Bay, Campdown Races, Danny Boy, House of the Rising Sun, Jamaica Farewell, Kum Ba Yah, Maggie, Swanee River, Tie Me Kangaroo Down Sport, When the Saints Go Marching In, Wild Rover, Yellow Rose of Texas and dozens more.

Code 687425 EX GST \$23.41 INC GST \$25.75

Rig-A-Jig-Jig Vol 1 and 2 (Book & CD)

Rig-a-Jig-Jig is a highly acclaimed collection of dances and musical games for children aged 3 to 7. This newest edition combines both previous volumes (1 and 2) with a completely updated format and, like other titles, it comes with detailed instructions and cartoon illustrations. The two companion CDs feature renown children's entertainer, Mike Jackson with Rantan Bush Band and Ian Blake. This kit is an essential for every pre-school, kindergarten or early primary school class.

Code 687473 EX GST 32.18 INC GST 35.40

Social Dance (Book & CD)

20 favourite old-time and modern dances. Fully illustrated with instructions and companion CD. Songs include: Chicken Dance, Hokey Pokey, Mexican Hat Dance, Ballin' the Jack, Bus Stop, Nutbush, Bootscootin' Hoedown, Canadian Three-Step, Boston Two-Step, Evening Three-Step, Progressive Barn Dance, Gypsy Tap, Pride of Erin, Parma Waltz, Oslo Waltz, Valeta Waltz, Cha Cha, Progressive Jive and Maxina.

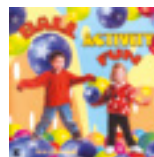
Code 687499 EX GST 30.55 INC GST 33.60

Motor and Coordination

Aerobic Power for Kids

CD with lyrics and instructions. Gets kids of all ages exercising to the "oldies but goodies" of the 50's and 60's. "Rock Around the Clock" "At the Hop" "La Bamba" and more. For ages 4 to 10.

Code 687430 EX GST 27.23 INC GST 29.95



Ball Activity Fun

CD with guide included. Ball playing is fun and a great way to exercise. Original games and songs set the tone for exciting ball playing activities. Children will develop ball-handling skills, motor co-ordination and more.

Code 687431 EX GST 27.23 INC GST 29.95



Ball Hoop and Ribbon Activities

CD for ages 4 to 8. Fun, easy routines using ball, hoops and ribbons. Features Chariots of Fire, Star Wars Theme and more.

Code 687432 EX GST 27.23 INC GST 29.95



Bean Bag Activities

CD with lyrics and instructions. Kimbo's classic bean bag hit is adaptable for special needs. Helps children develop gross motor skills, increase balance, enhance directionality and discriminate right and left. Individual and group activities challenge kids while having fun.

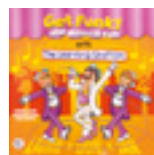
Code 687434 EX GST 27.23 INC GST 29.95



Fittersitters

Pull up a chair and get ready to move to the beat! Here is a 30 minute exercise program for many populations- children of 5 years and up, senior citizens, special needs groups, limited space and movement time for all. You'll be a Fitter Sitter if you follow these warm-ups, vigorous exercises and cool downs. The activities also help improve range of motion, body spatial orientation, lateral and bilateral activities, which challenge the brain, and muscle strengthening activities for the heart, legs, neck, feet, arms, fingers and more. The use of simple props, such as tissues and paper plates, enhance the Get Fit While You Sit experience. Created by Billy Gober, Ed.D.

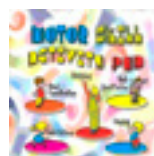
Code 687438 EX GST 27.23 INC GST 29.95



Get Funky

Preschool - lower elementary. By the popular group The Learning Station. Get Funky is jam packed with action, learning and musical fun. Included are 16 exciting songs, circle games, dances and activities. Concepts include following directions, left/ right discrimination, listening skills, body identification, muscle development and coordination. Children will love these catchy melodies that are set to a contemporary beat and make education and exercise a funky musical blast!

Code 687439 EX GST 27.23 INC GST 29.95



Motor Skill Activity Fun

Ages 3 to 8. Simple rhythm games include clapping, hand shakes, easy dance steps and finger exercises. Sneaky Snake, Ukulele Man, One, Love Will Keep Us Together and more.

Code 687440 EX GST 27.23 INC GST 29.95



Physical Ed

Pre-K to 5th grades. The Learning Station helps kids get physical! This healthy collection of fun fitness songs focuses on movement and locomotor activities, including: walking, hopping, skipping, jumping, running, galloping and leaping. Stir It Up, Monkey In The Middle, Stomp and Clap are just three that will get kids up and moving.

Code 687441 EX GST 27.23 INC GST 29.95



Playtime Parachute Fun

Turn kids onto teamwork as their gross motor skills develop while playing easy parachute routines. This popular CD is adaptable for special needs. Guide with lyrics and instructions.

Code 687442 EX GST 27.23 INC GST 29.95



Rhythmic Parachute Play

This parachute best seller helps develop motor skills and is more challenging for school age kids, 9 and up. Also great for senior citizens.

Code 687443 EX GST 41.77 INC GST 45.95



World of Parachute Play

This popular CD features songs from around the world and unique parachute activities that reflect the culture of the country. Great for children 4 to 8 years of age. Guide with lyrics and instructions.

Code 687444 EX GST 27.23 INC GST 29.95



Perceptual Motor Rhythm Games CD

These field-tested "learning through movement" activities encourage eye-hand, aural motor and visual motor coordination. They also develop body image, balance, laterality, directionality and visual perception.

Code 687463 EX GST 34.18 INC GST 37.60

Outdoor Education and Team Building

Cowstails & Cobras 2

Warm up activities, spotting/ trust sequences, games, initiative problems using low and high ropes course elements. Additions include leadership issues, group formation, selecting appropriate activities, briefing, leading and debriefing the group.

Code 687539 EX GST 73.09 INC GST 80.40

Silver Bullets

A guide to initiative problems, adventure games, trust activities and effective leadership. No book surpasses this for ideas, inspiration and sheer mind-boggling encouragement.

Code 687598 EX GST 73.09 INC GST 80.40

Games and Physical Education

Smart Start PMP Manual for Teachers

A manual to aid teachers in their setting up and conducting of programs in their schools. Includes rationale, aims, equipment, programming, evaluation, language, safety and supervision, floor sessions and techniques.

Code 687634 EX GST \$31.95 INC GST \$35.15

Smart Start With PMP Activity Cards

A set of 100 starter activities cards to assist in setting up programs. Includes program station, substations, floor sessions, individualising ideas, techniques, teaching points, evaluation questions, equipment list, and sketches to aid setting up of equipment correctly.

Code 687635 EX GST 41.09 INC GST 45.20

Perceptual Motor Lesson Plans 1

Perceptual-motor activities for all preschool to 1st grade students. Fully illustrated 25 weeks of activity stations sequenced according to difficulty including evaluation scale, objectives, program set-up information and equipment construction diagrams.

Code 687642 EX GST 45.64 INC GST 50.20

Perceptual Motor Lesson Plans 2

Perceptual-motor activities for all 2nd and 3rd grade students. Fully illustrated 25 weeks of activity stations sequenced according to difficulty including movement exploration tasks, selected games, evaluation scale, objectives, program set-up information and equipment construction diagrams.

Code 687646 EX GST 45.64 INC GST 50.20

Perceptual Motor Dev Series

Use these classroom-tested movement education activities to assess your students motor strengths and weaknesses in preschool and early elementary grades.



Perceptual Motor Dev - Book 1 (Basic Movement)

Code 687651 EX GST 22.86 INC GST 25.15



Perceptual Motor Dev - Book 2 (Ball, Rope, Hoop)

Code 687655 EX GST 22.86 INC GST 25.15



Perceptual Motor Dev - Book 3 (Balance)

Code 687660 EX GST 22.86 INC GST 25.15



Perceptual Motor Dev - Book 4 (Bean Bag)

Code 687665 EX GST 22.86 INC GST 25.15



Perceptual Motor Dev - Book 5 (Tyre, Parachute)

Code 687669 EX GST 22.86 INC GST 25.15

Fun, Fitness and Skills

Engage kids in fun, new games while teaching them key fitness concepts. Provide appropriate skills practice for students. Offer plenty of variations to keep the games fresh and exciting. Use field-tested games that are ready to go at a moments notice. Fun, Fitness, and Skills: The Powerful Original Games Approach brings 93 fresh games with countless variations. The games are easy to adjust to all grade and ability levels, and you'll never run out of fresh ideas for fun and exciting games that teach fitness concepts and skills.

Code 6876691 EX GST 34.05 INC GST 37.45

International Games

You can find many books that build the motor skills that kids need to succeed in a variety of physical activities and sports. But not many books open kids eyes to the cultures and traditions of other countries, giving them a greater appreciation for and understanding of the world around them at the same time. International Games: Building Skills Through Multicultural Play features 65 games from 32 countries. The games build players physical skills while increasing their cultural awareness, so they focus on the similarities between people no matter where they come from. The games make your teaching simple and effective. Most games require little in the way of equipment, and in many cases where equipment is needed, it can be made for a small cost.

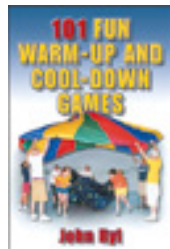
Code 687738 EX GST 34.05 INC GST 37.45

Fitness on the Ball

Authors Anne Spalding and Linda Kelly published a version of this book just for kids, but they've done extensive research and discovered adults like to have fun, too and stand to benefit just as much as kids in using exercise balls. So the authors expanded this new book to include exercises and information for instructors and participants of all ages and included activities that can be used not only in school gymnasiums and classrooms but in exercise facilities, workplaces, and homes as well. This book comes with a CD-ROM that includes an image bank, reproducibles, activity sheets, assessments, lesson plans, a glossary of terms, and other teachers tools

Code 6877391 EX GST 57.82 INC GST 63.60





101 Warm Up and Cool Down Games

This innovative book provides complete information for implementing 101 core games: The theory behind warm-ups and cool-downs (why they're important and what they should consist of), 41 fun games that can be used in a variety of situations, 60 sport-specific games in 7 sports (badminton, baseball, basketball, football, hockey, soccer, and volleyball), 113 variations of the core games to help leaders shape the activities to their groups' needs. An easy-to-follow format with illustrations for the more complicated games to ensure proper setup and understanding of the game. A game finder to help leaders easily locate games and determine which are suited to their needs.

Code 687740 EX GST 39.59 INC GST 43.55



101 Classroom Games

With 101 Classroom Games: Energize Learning in Any Subject, not only can you help your students improve their study skills, but you can also aid them in reviewing what they already know about a topic or subject, prepare them for formal and informal assessments, and see them embrace learning experiences as enjoyable. You never knew a game of Splat, Snap, or Howzat! could pack so much educational punch, did you? All 101 games in this handy book make learning memorable, fun, and successful. You can use them as effective starter activities, for the middle part of a lesson to reignite learning when you see the kids' eyes start to glaze over, or as complete activities to help you assess your students' learning.

Code 687617 EX GST 28.50 INC GST 31.35



Chicken and Noodle Games

Chicken and Noodle Games: 141 Fun Activities With Innovative Equipment will help you offer a variety of games that will keep everyone participating, provide inclusive and nontraditional games in which no player starts with an advantage, adapt games to various settings and occasions, and increase players' physical activity. Take this book, add rubber chickens, pool noodles, tennis balls, sponges, and bolts, sprinkle in kids, and what do you get? A recipe for pure, unadulterated and wacky fun!

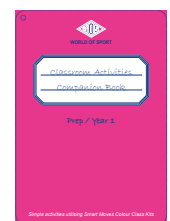
Code 687538 EX GST 36.36 INC GST 40.00



WOS Classroom Daily Activity Ideas

A collection of games and activities to assist the classroom teacher involve students in physical activity with little or no equipment. Written by David Franks, a primary teacher, this publication is produced specifically to assist classroom teachers involve students in simple but fun physical activity.

Code 687600 EX GST 30.00 INC GST 33.00



Smart Moves Kit Activity Ideas

A collection of games and activities to assist the classroom teacher involve students in physical activity. Written by David Franks, a primary teacher, this publication is produced specifically to assist classroom teachers involve students in simple activities utilising the resources available in the World of Sport Smart Moves Kit. See product codes 609992P/1 to 6876007.

Smart Moves Kit Activity Ideas Prep/Yr 1 (Pink)

Code 6876001 EX GST 30.00 INC GST 33.00



Smart Moves Kit Activity Ideas - Year 2 (Red)

Code 6876002 EX GST 30.00 INC GST 33.00



Smart Moves Kit Activity Ideas - Year 3 (Blue)

Code 6876003 EX GST 30.00 INC GST 33.00



Smart Moves Kit Activity Ideas - Year 4 (Green)

Code 6876004 EX GST 30.00 INC GST 33.00



Smart Moves Kit Activity Ideas - Year 5 (Orange)

Code 6876005 EX GST 30.00 INC GST 33.00



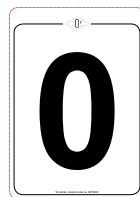
Smart Moves Kit Activity Ideas - Year 6 (Purple)

Code 6876006 EX GST 30.00 INC GST 33.00



Smart Moves Kit Activity Ideas Year - 7 (Yellow)

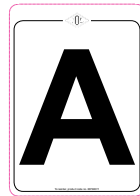
6876007 EX GST 30.00 INC GST 33.00



Smart Moves Flash Cards Set (0 to 9)

Set of numeral flash cards including numbers 0 to 9. Intended for use with Smart Moves Kits, but can be used where ever flash card numbers are required.

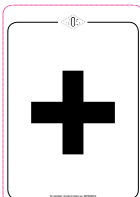
Code 687600F EX GST 6.59 INC GST 7.25



Smart Moves Flash Cards Set (A to Z)

Set of alphabet flash cards including numbers A to Z. Intended for use with Smart Moves Kits, but can be used where ever flash card letters are required.

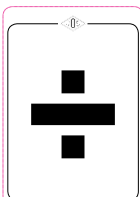
Code 687600F1 EX GST 15.91 INC GST 17.50



Smart Moves Flash Cards Set (+ - =)

Set of sign flash cards including signs + - and =. Intended for use with Smart Moves Kits, but can be used where ever flash cards are required.

Code 687600F2 EX GST 3.86 INC GST 4.25



Smart Moves Flash Cards Set (+ = x /)

Set of sign flash cards including signs + = x and /. Intended for use with Smart Moves Kits, but can be used where ever flash cards are required.

Code 687600F3 EX GST 5.68 INC GST 6.25



Games We Should Play In School

An eye opening analysis of the behavioural dynamics of children in the contemporary classroom. Includes over 75 interactive, fun social games and how to effectively lead social play sessions in the classroom.

Code 687671 EX GST 20.77 INC GST 22.85



Teaching Cues for Sport Skills Secondary

Teaching cues for sports skills for secondary school students, fourth edition. Helps student teachers teach sport skills effectively and demonstrate them correctly. It will ultimately help their students remember them correctly.

Code 687672 EX GST 113.86 INC GST 125.25



Parachute Games

Through Parachute Games With DVD, Second Edition, you can lead 59 parachute activities; adapt the activities to a myriad of game settings and participant needs; use the DVD to preview select activities or to show participants how much fun they will have with a parachute; and offer games that enhance fitness as well as social, motor, and other skills.

Code 687674 EX GST 39.59 INC GST 43.55



Daily Does It

Over 40 active games with an emphasis on moderate-vigorous physical activity for primary to middle years. Includes equipment and playing time suggestions for warm-ups, indoor, outdoor and relays, accompanied by fun and helpful illustrations. It reaffirms the importance of daily physical activity. This book is a must for busy teachers who see physical activity as an important part of a student's life. Each activity is easy to organise as the equipment is minimal and the instructions are clearly explained.

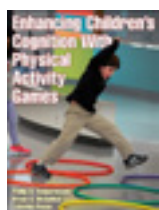
Code 6876781 EX GST 31.00 INC GST 34.10



Physical Literacy On The Move

A practical resource to help you guide students toward physical literacy. The books 120 games and activities are suitable for a variety of settings, are broken into four progressive levels.

Code 687601 EX GST 37.23 INC GST 40.95



Enhancing Children's Cognition

Enhancing Children's Cognition With Physical Activity Games. Create movement-based learning experiences that build the bodies and minds of children ages 3 to 12. You'll learn how to develop physical activities that foster cognitive development and enhance academic achievement.

Code 687615 EX GST 62.55 INC GST 68.80



Successful Movement Challenges

This activity guidebook is for those who would rather design their own movement/ perceptual-motor program by integrating different types of tasks that are chosen from a thoroughly developed wide selection of fun activities.

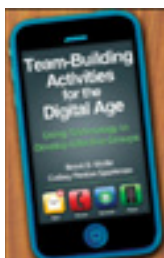
Code 687692 EX GST 29.23 INC GST 32.15



Essentials of Team Building

The activities and challenges are geared to beginning through advanced participants in a variety of settings, and they help participants develop the following valuable skills: Problem solving Appropriate risk taking Building working relationships Cooperation Leadership and communication Creative thinking Building trust Making decisions Setting goals Developing physical skills Team building is a proven approach for helping people become respectful competitors, cooperative team members, and community leaders. Now you can help your students or group develop those same important skills with Essentials of Team Building: Principles and Practices.

Code 687696 EX GST 65.73 INC GST 72.30



Team Building Activities - Digital Age

Team-Building Activities for the Digital Age will help you promote interpersonal communication and encourage young people to express their individuality and build face-to-face relationships. The activities use the technology that today's young adults thrive on (including cell phones, social networking sites, MP3 players, blogs, and digital cameras) as an opportunity for education and enlightenment.

Code 687697 EX GST 37.18 INC GST 40.90



Outdoor Leadership Theory & Practice 2ed

Through lessons, activities, and exercises this book will help students master eight core competencies essential to outdoor and adventure leadership, develop professional portfolios, and prepare to be successful leaders.

Code 687698 EX GST 91.09 INC GST 100.20



Sport Education

Coaching Series

Beginning Coaching Fourth Edition

Beginning Coaching targets the beginner coach with a focus on the 'soft skills' of coaching including: group management, communication, risk management, planning and ethical responsibilities of the coach. Inclusive practices have been emphasised throughout the manual, so that coaches are better able to apply information on how to work with specific population groups such as athletes with a disability and indigenous athletes. Current information regarding ethical issues such as child protection, drugs in sport and working with officials/coaches and parents are included. Information in each chapter is more 'reader friendly', incorporating a range of case studies to demonstrate how to apply theoretical concepts, and 'tips' to summarise key 'take home' points.

Code 687727 EX GST 24.36 INC GST 26.80



Coaching Better Every Season

Presents the best coaching methods and practices for each season on the sport calendar, and offers specific actions, tools, and guidelines for coaches to create a cycle of continuous improvement for themselves, and their teams.

Code 687730 EX GST 40.23 INC GST 44.25



Coaching Youth Cricket

Cricket is truly a global game more than 100 cricket-playing countries are recognized by the International Cricket Council. That is more than double the number of participating countries of 15 years ago. Written by renowned cricket expert Ian Pont, Coaching Youth Cricket takes this popular global game and enables coaches at all levels to develop young cricketers and help them foster a lifelong passion for the game.

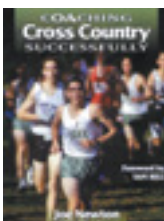
Code 687732C EX GST 27.77 INC GST 30.55



Cricket 99.94 Tips to Improve Your Game

The world's top players and coaches share their secrets, guidance and advice on every aspect of the game to give you 99.94 tips on batting, bowling, fielding and coaching cricket.

Code 687732CA EX GST 18.27 INC GST 20.10



Coaching Cross Country Successfully

Newton shares the secrets to his unmatched success. With this complete guide, you'll get a firsthand account of how to teach, train, and motivate like the master. You'll learn not only how Newton built his running dynasty but also how you can apply his principles of discipline, dedication, and teamwork to create your own winning cross country program. Combining straightforward instruction with dozens of personal anecdotes, Newton shows you how to: recruit athletes within your school, teach the basics of distance-running technique, develop winning race strategies, prepare for meets, and evaluate runners and your running program.

Code 687732CC EX GST 29.23 INC GST 32.15



Assessment Activities for Teaching Swimming

This book offering differentiated instruction for every participant in your class or program, based on each participants aquatic developmental level, not based on their age.

Code 687732SW EX GST 42.00 INC GST 46.20



Coaching Youth Tennis

The book begins with a baseline introduction to coaching philosophy, communication, and safety. It then turns to sport-specific skills, such as racket and ball-handling skills and stroke skills based on the area of the court each is played. Information on coaching matches and developing season and practice plans for tennis players is provided, as well as an activity finder that brings over 30 activities contained in the book into one section with page numbers for easy reference. Also included are 30 coaching tips.

Code 687732T EX GST 24.14 INC GST 26.55



Coaching Track & Field

Season planning. Event coaching. Meet preparation. Postmeet analysis. Athlete coach communication. This book covers all the issues a coach must effectively address in building and maintaining a championship program. How do you motivate players? Whats your philosophy of coaching? How can you communicate your vision to athletes, parents, and critical members of the coaching team? With Coaching Track & Field Successfully, you'll learn all of that and much more from someone who's been through it all.

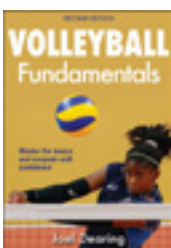
Code 687732TF EX GST 40.23 INC GST 44.25



Volleyball Coaching Bible Volume II

This book presents the drills top coaches use for developing players at each position, and offers insights on in-game strategies for various match situations, including strategic serving, defensive schemes, and on-the-go decision making.

Code 687732V EX GST 36.55 INC GST 40.20



Volleyball Fundamentals

Learn to master essential volleyball skills such as serving, receiving, setting, attacking, blocking, and digging. With this books coverage of scoring systems, rules, rotations, and common tactics.

Code 687732YV EX GST 25.59 INC GST 28.15



Coaching Youth Baseball

ASER, America's number one coaching education program, developed Coaching Youth Baseball to provide you with both an explanation of your role as a youth baseball coach and concrete instructions on how to fulfill that role. You will find chapters on communicating with your athletes and their parents, teaching and developing baseball skills, creating season plans and conducting practices, and coaching in game situations.

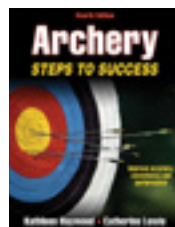
Code 687732BY EX GST 24.14 INC GST 26.55



Coaching Baseball Successfully

This book shows you how to build your own championship team through anecdotes and instruction. The book addresses how to succeed in every situation on the diamond, in the dugout, and it communicating away from the ballpark. Includes information about: bunting, baserunning, hitting, offensive strategies, defensive techniques at each position, defensive strategies, and pitching.

Code 687732B EX GST 29.23 INC GST 32.15



Steps to Success Series

Steps to Success - Archery

Archery: Steps to Success provides in-depth, progressive instruction with accompanying illustrations for each phase of the shotsighting and aiming, shooting form, and anchoring for all forms of archery. Build a solid skill base; learn the details of choosing, fitting, and tuning equipment; and then refine your technique and sharpen your mental skills. By practicing the 91 drills and using the scoring systems to gauge your progress, you'll develop consistent technique and shot patterns in no time.

Code 687763 EX GST 40.18 INC GST 44.20



Steps to Success - Australian Football

Australian Football: Steps to Success provides the essential skills players and coaches need to master the game and build successful teams. From basic ball handling to more challenging ruckwork, It provides full technical guidance. Carefully selected drills speed the learning process and help monitor progress. You then apply those skills on the field with the tactical approaches essential to commanding every facet of the sport.

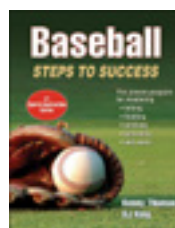
Code 687764 EX GST 27.77 INC GST 30.55



Steps To Success - Badminton

With Badminton: Steps to Success you will learn the skills and tactics to excel at the highest level. Through detailed, fully illustrated instruction, you will develop precision, power, and finesse as you use this step-by-step guide to master serves, forehands, backhands, clears, drop shots, smashes, drives, and more. Over 100 drills will further enforce correct technique, with designated drills for tactical practice, conditioning, and teamwork for doubles play.

Code 687765 EX GST 32.91 INC GST 36.20



Steps To Success - Baseball

Drawing on more than 76 self-improvement and practice drills that include skills broken down to their most basic techniques, you'll be a threat every time you step to the plate or take the mound. Baseball: Steps to Success leaves no area of the game uncovered.

Code 6877655 EX GST 32.91 INC GST 36.20



Steps To Success - Basketball

In Basketball: Steps to Success, Coach Hal Wissel covers the entire progression of technical and tactical development needed to become a complete player. From essential footwork to key principles of defense, this guide details the skills and tactics needed to excel in todays game. Shooting off the catch and creating shots off the dribble, running two- and three-player offensive plays, and many more topics in the book will prepare players to succeed in every situation on the court.

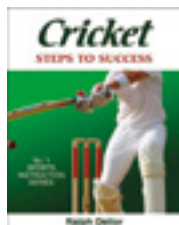
Code 687766 EX GST 40.23 INC GST 44.25



Steps To Success - Bowling

Master all of the essential skills of bowling to raise your averages at the lanes. Bowling: Steps to Success contains in-depth, progressive instruction for each aspect of the game from grip and stance to footwork and releaseso you'll be throwing strikes consistently in no time. Build a strong skill base with clear instruction, precise illustrations, and dozens of drills that feature a scoring system to help you gauge your improvement and accelerate your progress. Then learn and practice the tactics of shooting strikes and spares to give you more confidence and success on every frame.

Code 6877665 EX GST 36.55 INC GST 40.20



Steps To Success - Cricket

Step up to winning cricket play. Cricket: Steps to Success contains progressive instruction for comprehensive coverage of individual skills, techniques and the fundamentals of team play. With Cricket: Steps to Success, you will learn the proper techniques of batting, bowling, fielding and wicket-keeping. Through clear, detailed instruction, full-colour photos and illustrations and 71 of the games best drills, you will develop each skill and identify and correct common flaws in technique as you assess your abilities and gauge your progress.

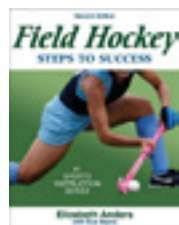
Code 6877666 EX GST 36.55 INC GST 40.20



Steps To Success - Golf

Develop a consistent swing and master every golf shot on your way to a lower handicap. Golf: Steps to Success provides detailed, progressive instruction with accompanying illustrations for every shot: putts, chip shots, and pitch shots as well as shots from the fairway, tee box, bunker, rough, and bad lies. Practice and improve your shotmaking with 95 drills that feature a scoring system to gauge and accelerate your progress.

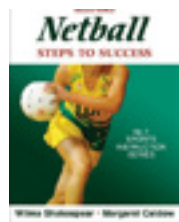
Code 687769 EX GST 36.55 INC GST 40.20



Steps To Success - Field Hockey

To compete in the fast-paced sport of field hockey, players must possess a full array of physical tools, such as strength, endurance, and hand-eye coordination. To excel, players must also master the sports skills and strategies. In this book, Coach Beth Anders presents the techniques, tactics, and physical training essential to field hockey success. Accompanying Anders instructive text and drills are more than 110 detailed illustrations to promote learning and performance. By following the clear and proven step-by-step teaching progression, players will improve skills rapidly, and enjoy greater success each time they step onto the field!

Code 687771 EX GST 36.55 INC GST 40.20



Steps To Success - Netball

In Netball: Steps to Success, former All-Australian and world champion player and coach Wilma Shakespear covers all the essential rules, skills, and strategies, while providing extensive instruction for beginning and experienced players. Netball: Steps to Success will help players learn the fundamentals and have fun at the same time. This comprehensive book includes everything a netball enthusiast needs to become a competitive player, including: 90 drills and practice games to improve performance, 144 illustrations showing correct techniques and drill diagrams, thorough instruction for individual skills development, effective strategies for team play, and special sections focusing on play in the back, middle, and front third of the court.

Code 687772 EX GST 32.91 INC GST 36.20



Steps To Success - Soccer

94 drills include performance goals and a list of key points for proper execution. Many of the drills include instructions for increasing or decreasing their difficulty. 135 illustrations highlight each important skill and show how to correct errors.

Code 687774 EX GST 36.55 INC GST 40.20



Steps To Success - Squash

Contains 82 drills and practice goals that challenge players as they master each skill, you can learn the fundamentals of: grip and handling the racquet; forehand and backhand swings, court movement and footwork; the volley, the serve, and return of serve; the boast, drop, lob and kill shots; disguise and deception; mental and physical preparation for match play. The Author guides readers from basic strokes and court movement, to specific shots and strategies.

Code 687775 EX GST 36.55 INC GST 40.20



Steps To Success - Social Dance

Each step explains why the concept of skill is important, identifies the keys to correct technique, helps avoid common errors, and explains how to practice each skill. With CD.

Code 687776 EX GST 40.23 INC GST 44.25



Steps To Success - Swimming

This comprehensive guide provides progressive instruction to help you master several swimming strokes and skills: backstroke, front crawl, breaststroke, butterfly, sidestroke, back crawl, trudgen, floating, diving, sculling, and underwater swimming. Step-by-step instruction and 195 illustrations break down each stroke to the basic arm and leg movements and their timing. The multiple drills in each step include a scoring system to gauge success and determine readiness to advance to the next skill.

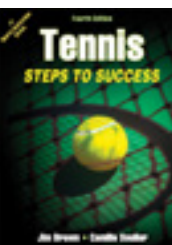
Code 687779 EX GST 32.91 INC GST 36.20



Steps To Success - Table Tennis

With a unique 11-step approach designed to maximize table tennis instruction, you'll learn the proper grip for your style of play, execution of the basic strokes, and the correct way to apply spin to the ball. Then, build on these core techniques with masterful footwork, serves, returns, and stroke combinations. Best of all, learn how and when to apply those skills in match play. With competitive strategies adapted for both you and your opponent's playing style, you'll raise your game to a new level. And with clear instruction, comprehensive coverage, detailed photo sequences, and drills to ensure mastery of every technique, you'll be playing and winning in no time.

Code 687780 EX GST 32.91 INC GST 36.20



Steps To Success - Tennis

117 drills and 128 illustrations help develop your game. Each drill comes with instructions that explain how to improve your practice and play including suggestions for either increasing or decreasing the difficulty of the drill according to your ability level.

Code 687781 EX GST 29.27 INC GST 32.20



Steps To Success - Volleyball

Volleyball: Steps to Success establishes a solid foundation by detailing proper footwork and posture before moving on to the individual skills of serving, passing, setting, attacking, blocking, and digging. The carefully selected drills and step-by-step instruction speed the development process, and the scoring system for each drill and step helps gauge progress along the way.

Code 687782 EX GST 32.91 INC GST 36.20



Steps To Success - Weight Training

Take the guesswork out of strength training and understand the details of proper technique, weight loads, and reps. The no-nonsense approach will develop through a thorough, progressive approach to strength training with either free weights or machines. Learn which exercises target what muscles and how to perform each one correctly and safely. Then determine the amount of weight and the number of repetitions and sets that you should lift in order to achieve your objectives. Finally, develop a workout and program that fit your interests and training preferences.

Code 687785 EX GST 32.91 INC GST 36.20



Strength Training

Exercise Technique Manual for Resistance Training

Seventy resistance training exercises with step-by-step instructions, photos, and online video demonstration are explained. Every chapter contains a table that describes each exercises concentric action, predominant muscle groups, and muscles involved, enabling readers to understand the impact of the exercises on each body region.

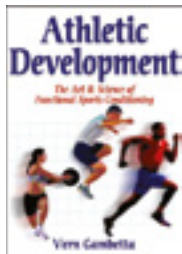
Code 689660 EX GST 95.18 INC GST 104.70



High-Performance Training for Sports

High-Performance Training for Sports presents today's best athlete conditioning protocols and programs in the world. An elite group of international strength and conditioning specialists and sport physiotherapists explain and demonstrate the most effective applications of the most current sport science and sports medicine to enhance athletic performance.

Code 6877365 EX GST 43.86 INC GST 48.25



Athletic Development

Athletic Development explains what works, what doesn't, and why. Gambetta's no-nonsense approach emphasizes results that pay off in the competitive season and reflect his work at the highest echelons of sport. Merging principles of anatomy, biomechanics, and exercise physiology with sports conditioning applications and four decades of professional practice, this is the definitive guide to performance-enhancing training.

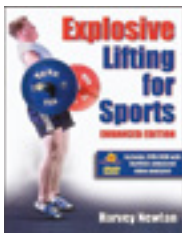
Code 687736 EX GST 32.91 INC GST 36.20



Complete Guide to TRX Suspension Training

The ultimate training guide, designed to develop strength, power, core stability, flexibility, and balance, this guide explains and presents more than 115 of the most effective Suspension Training exercises. It includes over 30 ready-to-use programs, variations, and training advice.

Code 6877366 EX GST 36.55 INC GST 40.20



Explosive Lifting for Sports Enhanced Edition

This special book and DVD-ROM package demonstrates the safest, most effective learning progressions for the snatch, clean, jerk, pulling assistance exercises, squat, and other lifts. Perform each lift safely with step-by-step instructions and develop the strength, power, and speed you need for your specific sport. Included are specific power-development programs for 10 different power sports: football, baseball, basketball, soccer, volleyball, hockey, track and field, wrestling, racket sports, and competitive weightlifting.

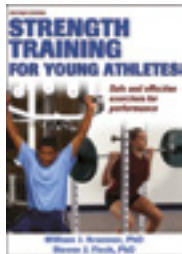
Code 6877361 EX GST 40.59 INC GST 44.65



Modern Art of High Intensity Training

Featuring 40 exercises, 127 workouts, and a 15-week program, it offers a visually stunning presentation of all things high intensity. Along with covering the five principles of high intensity training, its eye-catching illustrations convey the strength, power, and beauty of the movements.

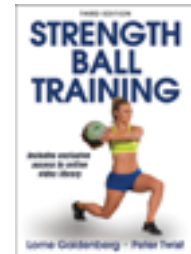
Code 6877861 EX GST 29.27 INC GST 32.20



Strength Training for Young Athletes

Strength Training for Young Athletes provides all the answers as the authoritative guide to strength development for 7- to 18-year-old athletes. World-renowned strength and conditioning experts William Kraemer and Steven Fleck present the latest facts on the effects of strength training on growth, development, and performance. The authors then make recommendations relative to starting age, choice of exercises, frequency of training, rate of progression, and philosophical aspects of program design.

Code 6877362 EX GST 32.91 INC GST 36.20



Strength Ball Training

Inside you will find assessments to help you determine your current ability level and corrective exercises that address deficiencies. The exercises can be sequenced to create individual programs that target specific regions or enhance total-body performance. You'll learn to incorporate equipment such as cables, bands, and dumbbells for added versatility and increased resistance. And you'll be granted exclusive access to online videos demonstrating the most complex and advanced exercises.

Code 6877862 EX GST 36.55 INC GST 40.20



Periodization Training For Sports

Sports conditioning has advanced tremendously since the era when a no pain, no gain philosophy guided the training regimens of athletes. Dr. Tudor Boppa pioneered most of these breakthroughs, proving long ago that it's not only how much and how hard an athlete works but also when and what work is done that determines the athlete's conditioning level. In Periodization Training for Sports, Boppa demonstrates how to use periodized workouts in order to peak at optimal times by manipulating six different training phases: anatomical adaptation, hypertrophy, maximum strength, conversion to power, maintenance, and transition. Coaches and athletes in 32 sports have at their fingertips a proven program that is sure to produce the best results.

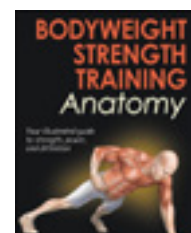
Code 6877363 EX GST 40.23 INC GST 44.25



Building Muscle and Performance

Combining strength training, power training, cardio, and more, Tumminello's unique approach delivers results: increased strength, explosiveness, speed, athleticism, endurance, and a lean and muscular physique.

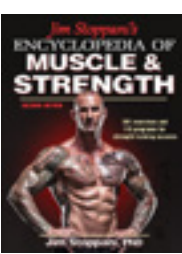
Code 6877866 EX GST 36.55 INC GST 40.20



Bodyweight Strength Training Anatomy

Going far beyond standard pull-ups, push-ups, and squats, it presents 156 unique exercises that work every muscle in the body. Detailed anatomical artwork accompanies instructions for performing each exercise anytime, anywhere, without the need for equipment or machines.

Code 6877867 EX GST 29.27 INC GST 32.20



Encyclopedia of Muscle and Strength

Whether you seek fat loss and lean muscle development or mass development and strength improvement, this comprehensive guide with 381 exercises and 116 ready-to-use workouts featuring the most popular training equipment (free weights, TRX, BOSU, kettlebells, and body weight) will position you for success.

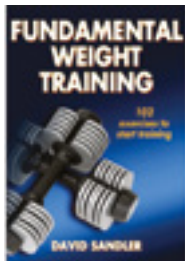
Code 6877364 EX GST 40.23 INC GST 44.25



Functional Training

Take your performance to the next level with this revolutionary approach to training and conditioning methods sure to improve your function in any sport or activity. Functional Training covers the recent breakthroughs, the most exercises, and proven programs that you can follow or incorporate into your existing training plan.

Code 6877868 EX GST 32.91 INC GST 36.20



Fundamental Weight Training

If you're ready to walk the walk and talk the talk, Fundamental Weight Training is your guide. Learn the basics safely, effectively, and in less time. Over 100 exercises with photo demonstrations are included and supported with step-by-step descriptions for use in the gym or at home. Every aspect of a beginning weight program is covered: Exercises and programs to target key areas in every muscle group. Stretching routines to prevent injuries. Steps and tips for developing your own program. Gym language and lingo so you feel at ease walking into any gym.

Code 687796 EX GST 24.11 INC GST 26.52



Conditioning Young Athletes

To improve the athletic performance of young athletes ages 6 to 18, Conditioning Young Athletes offers 182 exercises and 17 programs spanning 14 popular sports, along with coverage of the impact early specialization has on a young athlete's development.

Code 687797 EX GST 36.55 INC GST 40.20



General and Sport Specific Texts

Essential Ultimate

Essential Ultimate: Teaching, Coaching, Playing will help you develop an Ultimate fitness and conditioning program, learn how to execute and teach the offensive and defensive skills and tactics of Ultimate, use progressive drills and game situations to refine skills and implement strategies, prepare psychologically for competition, and build team strength and unity. Ultimate is one of the fastest-growing sports in schools, intramurals, rec centers, and clubs throughout the United States and the world. It is also a sport that has been sorely lacking in current resources for teachers, coaches, and players until now. Essential Ultimate: Teaching, Coaching, Playing contains all you need to know about teaching and coaching Ultimate.

Code 687731 EX GST 29.95 INC GST 32.95



Lacrosse Essentials

Step on the field and begin playing in no time! In Lacrosse Essentials, you'll learn the fundamentals of the sport through sequential instructions, detailed photo sequences, and expert advice from coaching legend Jack Kaley.

Code 687732L EX GST 27.77 INC GST 30.55



Groundwork Coaching AFL Kit

Groundwork Coaching series for AFL, purchase as a kit of four titles and save. Titles include the following stages: Underlying Stage, Modelling Stage, Establishment Stage and Perfecting Stage. Volumes can also be purchased individually.

Code 687750 EX GST 235.00 INC GST 258.50



Groundwork Coaching AFL Underlying Stage

Stage aims to teach participants to be able to learn principal skills of the game and develop basic physical competencies. Consolidate the basic skills of the game. Introduce both technical and tactical skills, with a focus on cooperating with others in game-related and skill development activities. The focus of training is on learning rather than competing, and it is imperative that there is a balance between training and playing. The focus is still very much about fun and participation! Under 10 (Year Levels Prep - 4) Age 5-10 years

Code 6877501 EX GST 45.41 INC GST 49.95



Groundwork Coaching AFL Modelling Stage

Stage aims to teach participants to be able to learn all the principal skills of the game and develop basic physical competencies. Consolidate the basic skills of the game. Introduce both technical and tactical skills, including positional play and basic performance-enhancing techniques, e.g. warm-up, cool-down, dietary needs (nutrition/hydration), recovery, goal-setting etc. The focus of training is on learning rather than competing, and it is imperative that there is a balance between training and playing. The focus is still very much about fun and participation! Under 12 - Under 14 (Year Levels 5 - 8) Aged 12-14 years

Code 6877502 EX GST 54.50 INC GST 59.95



Groundwork Coaching AFL Establish Stage

Stage aims to teach participants to be able to develop higher-level skills of the game and physical competencies. The aim is to expand on the development of fitness, individual, positional and team skills covered in the Modelling Stage. Develop higher-level competition skills through modified games and game sense, where players are provided with appropriate competition through decision making drills to enhance learning. Under 16 - Under 17 (Year Levels 9 - 10) Aged 15 - 16

Code 6877503 EX GST 63.59 INC GST 69.95



Groundwork Coaching AFL Perfecting Stage

The stage aims to teach participants to consolidate higher-level skills of the game and physical competencies. Maximise the development of the individual (both personally and professionally) through fitness, positional play, team and competition skills. Under 18 - Seniors (Year Levels 11 - 12) Aged 17 and above

Code 6877504 EX GST 72.68 INC GST 79.95



Groundwork Coaching AFL The Winning Edge

To develop higher level skills of the game and build physical competencies. To develop both technical and tactical skills, including positional play, skill execution and game based decision making. Develop higher-level competition skills through modified games and game sense. Build on performance with strategies on nutrition, recovery, motivation, and sport psychology. Focus on key components of fitness by providing training programs for speed, endurance, strength, and power. Maximise the development of the individual (both personally and professionally) through strategies on leadership, discipline, and character. Explicitly break down the key performance areas relevant to players and coaches in order to enhance the development of players' potential.

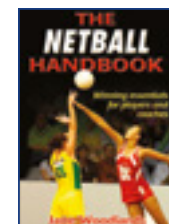
Code 6877505 EX GST 22.68 INC GST 24.95



Rowing Faster

Voted the most-read book by the International Rowing Association, Rowing Faster achieved unparalleled success. Gold-medal coaches, championship athletes, and top scientists have infused the latest scientific training and racing principles into this edition. It is required reading for rowers and coaches.

Code 687752 EX GST 36.55 INC GST 40.20



The Netball Handbook

This complete guide begins by covering essential netball skills such as body control and movement, ball handling, shooting, attacking, and defending before presenting the ever-evolving tactical concepts of the game. Add to that dozens of drills; chapters on physical conditioning, mental training, and teamwork; and tips from some of the games' brightest stars, and you have the blueprint for individual and team success at your fingertips.

Code 6877531 EX GST 32.91 INC GST 36.20



Organising Successful Tournaments

These templates are programmed to automatically create draw sheets in minutes for competitions based on your input of divisions, seeds, locations, dates, and times. The book explains every major type of competition from Single elimination, Double elimination, Multilevel, Round-robin, Ladder, Pyramid, to Level rotation. You'll also find information on assigning seeds, awarding byes, and establishing proper tiebreaking procedures.

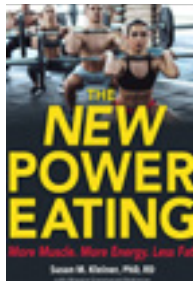
Code 687754 EX GST 40.18 INC GST 44.20



Sports Rules Book

The Sports Rules Book covers 64 sports, including information on each sport's origin and history, basic procedures, terminology, equipment, competitive playing areas, and scoring systems.

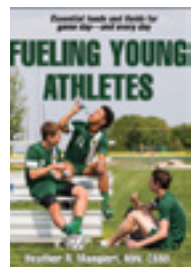
Code 687762 EX GST 40.18 INC GST 44.20



Power Eating

In Power Eating, Kleiner brings together years of scientific-based research that has aided in the development of thousands of athletes and offers it to you in this one-of-a-kind practical resource. In a world where every athlete desires to gain that extra advantage over the competition, too often attention is given to the latest quick fix. In Power Eating, you'll find a better way to achieve goals in physique and performance safely, legally, and effectively. In this fourth edition, you'll find the latest scientifically proven nutrition guidance that athletes in all power sports require. In addition to the popular diet plans that provide meal suggestions for each meal of the day, you'll discover new findings suggesting how certain botanicals can improve digestibility, and absorption.

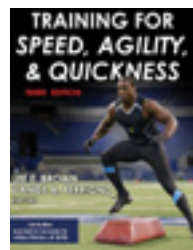
Code 6877864 EX GST 29.27 INC GST 32.20



Fueling Young Athletes

In this practical guide, Heather Mangieri - a sport dietitian and mother of three active kids - breaks down the nutrition needs of young athletes and explains what the latest research suggests. You'll analyze current eating habits and preferences and how and where these can be improved. You'll learn how healthier meals and snacks can equate to improved performance while still being convenient and appetizing.

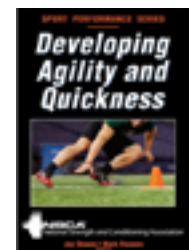
Code 6877865 EX GST 27.77 INC GST 30.55



Training for Speed Agility & Quickness

The ultimate training resource for athletes and coaches includes more than 262 exercises and drills, programming, and exclusive access to online video library. Assessments provide parameters for individual programs and sport-specific training.

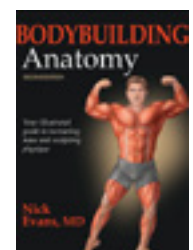
Code 689683 EX GST 36.55 INC GST 40.20



Developing Agility and Quickness

Developing Agility and Quickness helps athletes blow past those barriers thanks to the top sport conditioning authority in the world, the National Strength and Conditioning Association. NSCA hand-picked its top experts to present the best training advice, drills, and programs for optimizing athletes' linear and lateral movements. Make Developing Agility and Quickness a key part of your conditioning program, and get a step ahead of the competition.

Code 689684 EX GST 29.27 INC GST 32.20



Anatomy

Bodybuilding Anatomy

Focusing on the primary muscle groups of shoulders, chest, back, arms, legs, and abdomen and targeting muscle zones and hard-to-work areas, Bodybuilding Anatomy can make the difference between bulking up and sculpting an award-winning physique.

Code 687728 EX GST 32.91 INC GST 36.20



Athletics

Track & Field Coaching Essentials

Track & Field Coaching Essentials provides the information and direction to make your first, or twenty-first, season a success. Starting with the fundamentals, moving on to the sport sciences, and then detailing each of the events, this is the most comprehensive and authoritative coaching resource in the sport.

Code 687737 EX GST 40.23 INC GST 44.25



The Complete Book of Throws

Track & Field Coaching Essentials provides the information and direction to make your first, or twenty-first, season a success. Starting with the fundamentals, moving on to the sport sciences, and then detailing each of the events, this is the most comprehensive and authoritative coaching resource in the sport.

Code 6877371 EX GST 40.18 INC GST 44.20



Winning Jumps and Pole Vault

Long jump, triple jump, high jump, and pole vault. From techniques and training to strategy and mental preparation, Winning Jumps and Pole Vault is the only book that covers it all. Renowned coach Ed Jacoby and the all-star line-up of Cliff Rovelto, Tom and Kyle Tellez, Irving Boo Schexnayder, Greg Hull, Will Freeman, and Keith Henschen share the secrets and strategies that have produced 62 NCAA champions, 15 Olympic gold medalists, and numerous other U.S. and world medalists and champions. Every phase of every event from approach to takeoff to landing is described to convey proper technique. Learn how to recognize and correct common technical flaws and rely on over 25 event-specific drills to perfect technique.

Code 6877372 EX GST 32.91 INC GST 36.20



Basketball

Pete Newell's Playing Big - DVD/Paper

Learn the finer points of post play with Pete Newell's Playing Big. Featuring key techniques, teaching points, and drills for playing in and around the paint, this book and DVD gives insight into the skills of basketball's top players while giving you the best skill instruction for all levels to develop the modern multidimensional player.

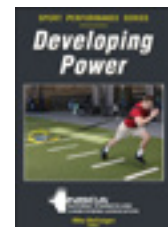
Code 687724 EX GST 32.91 INC GST 36.20



Basketball Skills and Drills

Your guide to mastering the basics of basketball, including footwork, ball handling, player positioning, post and perimeter play, rebounding, plus offensive and defensive individual and team tactics.

Code 687725 EX GST 40.18 INC GST 44.20



Fitness

Developing Power

The definitive resource for developing athletic power. Exercises, drills, assessment, analysis, and programming from this book will elevate power and performance in all sports.

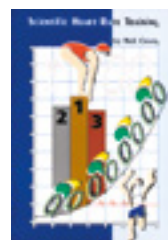
Code 687743 EX GST 29.27 INC GST 32.20



Heart Rate Fitness Program

Teachers are always looking for good ideas, resources, activities and research information to share with students. This publication with its practical uses for heart rate monitoring achieves this and more.

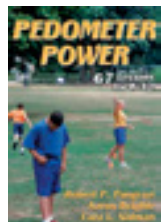
Code 687746 EX GST 16.09 INC GST 17.70



Scientific Heart Rate Training

How to select the right heart rate monitor and design a training program.

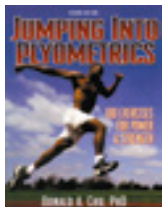
Code 687749 EX GST 13.41 INC GST 14.75



Pedometer Power

Pedometer Power offers 67 activities for grades K through to 12 and shows how to use pedometers to teach, promote and assess physical activity.

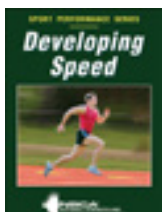
Code 687751 EX GST 34.86 INC GST 38.35



Plyometrics

Plyometrics provides instruction on assessment, selection, and sequencing of exercises for building the ideal program based on individual needs and goals. You'll also find nine sport-specific training regimens, including basketball, soccer, football, rugby, volleyball, and mixed martial arts.

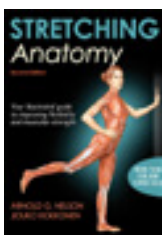
Code 687753 EX GST 32.91 INC GST 36.20



Developing Speed

The guide to elite-level speed development, regardless of your sport. In addition to the scientific coverage of speed development, this guide helps you assess your current ability and identify your areas of greatest need. Using this information, along with the most effective drills and exercises, you'll have the tools and information for creating your own speed development program.

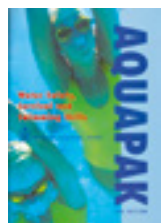
Code 687757 EX GST 29.27 INC GST 32.20



Stretching Anatomy

Stretching Anatomy is like having an X-ray of each stretch, only better. Not only do you see full-color illustrations of the muscles in action, but you also find out how changes in position can alter the muscle emphasis and difficulty and how variations can improve safety and effectiveness. Each exercise includes detailed instruction on how to stretch, when to stretch, primary and secondary muscle emphasis, and which muscles are activated for support.

Code 6877851 EX GST 27.77 INC GST 30.55

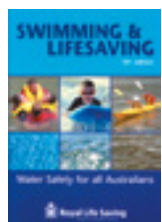


Swimming and Water Games

Aquapak

A practical planning resource to be used as a basis for developing a unique program in water safety, survival and swimming.

Code 687702 EX GST 80.41 INC GST 88.45



Swimming & Lifesaving Manual

Australia's most comprehensive swimming and lifesaving manual covering all theoretical and practical aspects of water safety, personal survival, lifesaving and emergency care. Over 150 colour photographs depicting skills and techniques in an easy to use layout.

Code 687787 EX GST 42.23 INC GST 46.45

Wet Games (RLSS)

Wet Games provides teachers with a collection of games and activities that bring to participants of all ages and at all levels the chance to acquire and perfect swimming skills and to develop techniques of rescue and survival. The range is from simple games in ankle-deep water to advanced procedures that simulate difficulties any swimmer may face from time to time, the importance of safety is emphasised throughout. This book is 'splash proof' to enable the user to keep it handy by the side of the pool throughout the lesson.

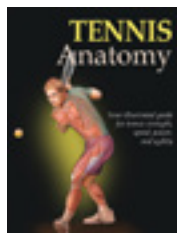
Code 687792 EX GST 60.91 INC GST 67.00



Swimming Drill Book

More than 175 drills, accompanied by detailed illustrations, will help coaches and swimmers master every skill. Drills for strokes, starts, turns, and finishes, as well as for buoyancy and body balance, breathing and kicking, and sculling, are bolstered by content on poolside strength training and open-water swimming.

Code 687793 EX GST 32.91 INC GST 36.20



Tennis

Tennis Anatomy

This will bring your game to life with over 194 full-color anatomical illustrations depicting strokes and movements, strengthening exercises, and injury-prevention exercises. The 72 step-by-step exercises are arranged anatomically with explanations of how each affects performance.

Code 687795 EX GST 36.55 INC GST 40.20



Tennis Drill Book

This extensive manual features 245 drills that can be integrated into practice sessions to improve performance in every area of the game. Mental Training drills to help players stay focused during pressure situations. Warm-up, cool down, and conditioning drills designed to increase speed, agility, and endurance. Game based drills to help simulate match play for singles and doubles.

Code 6877951 EX GST 29.27 INC GST 32.20

CD's DVD's and Videos

Flexibility for Sports Performance DVD

Stretch to win! Flexibility for Sports Performance provides all the tools to build a program for your needs, your sport, and your goals. Through a series of self-assessments, you will identify areas of improvement and establish a baseline for your flexibility regimen. Then, discover the best science-based exercise techniques to avoid injury and optimize muscle function on the court, field, course, track, mat, or in the water. Static, dynamic, and functional stretches may also be customized to your sports seasonal workout schedule and to your position demands. Best of all, these programs and workouts can be printed from the DVD, so you can take instruction directly onto the practice field or into the gym.

Code 689602F EX GST 32.59 INC GST 35.85



Power for Sports Performance DVD

Power your way to dominance on the field, court, or mat. Power for Sports Performance provides the tools to build a program for your needs, your sport, and your goals. Through a series of self-assessments, you will identify areas of improvement and establish a baseline for your training regimen. Then, discover the exercises that are best for enhancing power in sport-specific movements, starting with base-building exercises for developing basic strength and postural control, and advancing to a complex power program that combines resistance training and plyometrics. Best of all, these programs and workouts may also be printed from the DVD, so you can take instruction directly onto the practice field or into the gym. With its way to excellence.

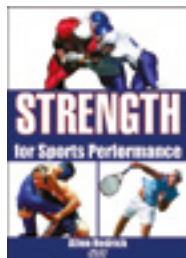
Code 689602P EX GST 36.55 INC GST 40.20



Speed for Sports Performance DVD

Increase your acceleration, maximum speed, and endurance! Speed for Sports Performance provides the tools to build a program for your specific needs, sports, and goals. Through a series of self-assessments, you will identify areas of improvement and establish a baseline for training regimens. Then, improve such key areas as reaction time, technique, stride, mobility, and first-step explosiveness with variable, resisted, and assisted speed training exercises. And if recovering from injury, alternative training methods are included to aid in rehabilitation and help prevent future injuries.

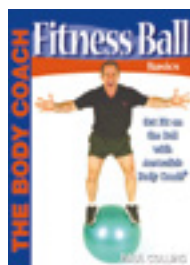
Code 689682 EX GST 36.55 INC GST 40.20



Strength for Sports Performance DVD

Bring your strongest effort to the field, court, or mat. Strength for Sports Performance provides the tools to build a program for your needs, your sport, and your goals. Through a series of self-assessments, you will identify areas of improvement and establish a baseline for your training regimen. Then, incorporate functional strength exercises designed for the movement patterns, muscle contractions, and energy demands of a variety of sports. In addition, learn to include nonstandard equipment exercises, using items such as chains and tires, to complement your standard program with variable and dynamic resistance training. Sample training programs may also be customized to your sports seasonal workout schedule and position demands. Programs and workouts may be printed from the DVD.

Code 689602ST EX GST 32.59 INC GST 35.85



High Powered Plyometrics DVD

Create and customize your own sport-specific 12-week plyo program by choosing exercises from the three categories of the training continuum for a total body workout, or group the exercise to target the specific body segments you want to work on most: lower body, trunk, and upper body. You'll start with foundation exercises such as squat jumps, double-leg speed hops, and medicine ball twists and passes. Next comes the power-building exercises including tuck and scissors jumps, floor kips, arm swings, and sit-up throws. Then you'll move on to high-intensity drills like depth jumps, vertical swings, drop pushes, and heavy bag strokes.

Code 689631 EX GST 36.55 INC GST 40.20



Totally Active Kids

This CD Rom contains over 50 games suitable for primary school children. The games are totally inclusive, require minimal equipment and are great fun. All games have a brief instruction on how to play accompanied by a video clip, with voice over of children actually playing the game. Games in Totally Active Kids are divided into four sections: Warm-up, Chasing and Fleeing, Group Effort and Relays.

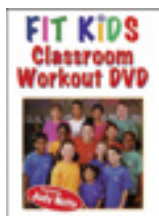
Code 6896311 EX GST 33.50 INC GST 36.85



More Totally Active Kids

This DVD Rom contains over 50 games suitable for primary school children. The games are totally inclusive, require minimal equipment and are great fun. All games have a brief instruction on how to play accompanied by a video clip, with voice over of children actually playing the game. Games in More Totally Active Kids are divided into four sections: Beginning Activities, Parachute Fun, Ball Games and Relays.

Code 6896312 EX GST 33.50 INC GST 36.85



Fit Kids Classroom Workout DVD

Re-energize your students with these fun, contemporary dance routines! The Fit Kids Classroom Workout can be used in any school space, anytime, any day to invigorate and motivate your students. The program includes four 5-minute and two 10-minute workouts, plus a brief healthy message at the end of each exercise segment. Each classroom workout teaches moves from a different genre: Hip & Happening Kardio Funk Drum Beating, Foot Stomping African Shimmy, Shaking & Loving Latin Heart Pounding, Arms Pumping Aerobic Dance

Code 689632 EX GST 22.86 INC GST 25.15



Fun Classroom Fitness Routines DVD 4-9

Fun Classroom Fitness Routines: Ages 4 to 9 is the perfect resource for classroom and physical educators who have limited space and physical education time but are still required to meet state or local mandates on minutes of physical activity time. This DVD was created to be used in a classroom with no need for extensive equipment or instruction time. Students watch the DVD and follow along with award-winning educator and host Carol Scaini as she demonstrates each exercise routine. The DVD contains five ready-to-go fitness routines lasting 10 minutes each, plus a 7-minute warm-up and stretch activities.

Code 689633 EX GST 36.55 INC GST 40.20



Fun Classroom Fitness Routines DVD 10-14

Fun Classroom Fitness Routines: Ages 10 to 14 is the perfect resource for classroom and physical educators who are strapped for space but are still required to meet state or local mandates on minutes of physical activity time. This DVD was created to be used in a classroom with no need for extensive equipment or instruction time. Students watch the DVD and follow along with award-winning educator and host Carol Scaini as she demonstrates each exercise routine. The DVD contains five ready-to-go fitness routines lasting 10 minutes each, plus a 7-minute warm-up and stretch routine.

Code 689633S EX GST 36.55 INC GST 40.20



DigiRugby Interactive CD-ROM

DigiRugby, a comprehensive Rugby coaching resource with some 350 drills and exercises and 200 movie clips. Ready made coaching sessions with select, save and printable training sets.

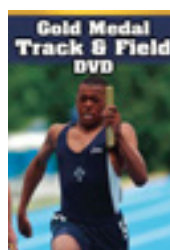
Code 689638 EX GST 180.00 INC GST 198.00



Fundamentals of Rope Jumping DVD

Rene Bibaud's Complete Fundamentals of Rope Jumping DVD will help teachers use those jump ropes and help kids ages 7 through 11 have fun while being active. This 108-minute DVD takes the educator through eight sets of skill breakdowns, including single-rope skills, long-rope activities, group routines, build-ups for double dutch, and fun games. Instructor Rene Bibaud provides personal stories, entertaining metaphors, and inspiring messages and motivational tools, as well as concise and uncomplicated lesson plans with measurable outcomes that can be printed from a computer.

Code 689678 EX GST 33.36 INC GST 36.70



Gold Medal Track & Field DVD

Improve your technique instruction and add to your training drills for better performance. This DVD shows you how! Expert track and field coaches cover each event category with teaching points and training tips you'll use immediately in practices and for many seasons to come. Events include: Sprints, hurdles, relays, middle & long distance running, jumping and throwing events.

Code 689692 EX GST 85.91 INC GST 94.50



Volleyball - Introductory Coach Program

The Volleyball Introductory Coach Training Program has been designed to provide a basic level of knowledge to individuals interested in providing fundamental skill development to novice players. Includes handbook and DVD.

Code 689694 EX GST 29.50 INC GST 32.45



National Volleyball Symposium DVD

National Volleyball Symposium Two DVD set of session presentations from Coaching to Success symposium held at AIS Canberra. This set will provide coaches of all levels with the opportunity for professional development from some of the sports best practitioners.

Code 689695 EX GST 41.55 INC GST 45.70

Laminated Charts and Posters

CPR Charts

CPR Chart	687734BAC01	26.82	29.50
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Facts and Risks Charts

Dangers of Smoking	687734BAD09	24.09	26.50
Laminated Chart - Dangers of Alcohol	687734BAD15	24.09	26.50
Laminated Chart - Facts About HIV & Aids	687734BAD16	26.00	28.60
L. Chart - Sexually Transmitted Infections	687734BAD17	24.09	26.50
Laminated Chart - Bulimia	687734BAE02	26.00	28.60
Laminated Chart - Keys to Healthy Eating	687734KEYS	24.77	27.25
L. Chart - Maintaining a Healthy Weight	687734MAIN	24.77	27.25
Laminated Chart - Risk of Obesity	687734ROBE	24.77	27.25
Laminated Chart - Drug Dependence	687734VR1780	22.00	24.20

Strength and Stretch Charts

Strength Training Poster Series (Set 7)	687734	124.27	136.70
Strength Training Poster - Abdomen	687734A	20.45	22.50
Strength Training Poster - Arms	687734AR	20.45	22.50
Strength Training Poster - Back	687734B	20.45	22.50
Strength Training Poster - Chest	687734C	20.45	22.50
Strength Training Poster - Gluteals	687734G	20.45	22.50
Strength Training Poster - Legs	687734L	20.45	22.50
Strength Training Poster - Shoulders	687734S	20.45	22.50
Training Poster - The Snatch	687734SN	20.45	22.50
Gym and Fitness Chart - Nutrition for Training	687734BAF03	30.82	33.90
Gym and Fitness Chart - Shoulders	687734BAF04	30.82	33.90
Gym and Fitness Chart - Arms	687734BAF05	30.82	33.90
Gym and Fitness Chart - Chest	687734BAF06	30.82	33.90
Gym and Fitness Chart - Core	687734BAF07	30.82	33.90
Gym and Fitness Chart - Back	687734BAF08	30.82	33.90
Gym and Fitness Chart - Warm Up and Cool	687734BAF09	30.82	33.90
Gym and Fitness Chart - Legs	687734BAF10	30.82	33.90
Gym and Fitness Chart - Training Zones	687734BAF11	30.82	33.90
Gym and Fitness Chart - Kettlebells	687734BAF12	30.82	33.90
Gym and Fitness Chart - Medicine Ball	687734BAF13	30.82	33.90
Gym and Fitness Chart - Resistance Band	687734BAF14	30.82	33.90
Gym and Fitness Chart - Suspension Training	687734BAF19	30.82	33.90
Gym and Fitness Chart - Foam Roller	687734BAF20	30.82	33.90
Gym and Fitness Chart - Ladder Drills	687734BAF21	30.82	33.90
Gym and Fitness Chart - Upper Body	687734BAF22	30.82	33.90
Gym and Fitness Chart - Lower Body	687734BAF23	30.82	33.90
Gym and Fitness Chart - Exercise Ball	687734BAF24	30.82	33.90
Laminated Chart - Climber Workout-Stair	687734BAW05	26.00	28.60
Laminated Chart - Perceived Exertion	687734BAW06	26.00	28.60

The Human Body Charts

Laminated Chart - Anatomy of the Heart	687734AHEA	24.77	27.25
Laminated Chart - The Upper Limb	687734CH13	24.00	26.40
Laminated Chart - Neck & Head	687734CH19	24.77	27.25
L. Chart - Healthy & Diseased Feet	687734CH28	24.77	27.25
Laminated Chart - The Knee Joint	687734CH33	24.00	26.40
Laminated Chart - Human Spine Disorders	687734HSPI	24.77	27.25
Laminated Chart - Ligaments of the Joints	687734LIGA	24.77	27.25
Laminated Chart - The Muscular System	687734MUSC	24.77	27.25
Laminated Chart - The Nervous System	687734NERV	24.77	27.25
Laminated Chart - Respiratory System	687734RESP	30.82	33.90
Laminated Chart - The Skeletal System	687734SKEL	24.77	27.25
Laminated Chart - Vascular System & Vascera	687734VASC	24.77	27.25
Laminated Chart - Vertebral Column	687734VERT	30.82	33.90
Anatomical Chart - Human Skeleton	687734VR1113	23.00	25.30
Anatomical Chart - Shoulder & Elbow	687734VR1170	24.09	26.50
Anatomical Chart - Hand and Wrist	687734VR1171	23.00	25.30
Anatomical Chart - Foot & Ankle	687734VR1176	24.09	26.50



Ref Code Ex. GST Inc. GST

NOTICE BOARDS

Sandwich Notice Boards

A-frame Sandwich Board - Double Sided A 690800 119.27 131.20
Folding double sided sandwich board finished with white metal faces on both sides. Can be printed both sides with permanent message or school/club logo. Size of both white metal sheets are 900mm x 600mm(W). Please contact World of Sport for quote on printing. (not for use with whiteboard markers)

A-Frame Sandwich Board - Pre Printed

Folding double sided sandwich board finished as a whiteboard on both sides. Pre printed on both sides. Size of board sheet is 900mm(H) x 600mm(W).

Sandwich Board Pre Printed - First Aid B 690800F 219.77 241.75

Sandwich Board Pre Printed - No Entry 690800N 197.00 216.70

SCOREBOARDS

Portable Electronic Scoreboards

Digi Wall Timer C 088546 622.73 685.00
Large LCD digits, can be viewed from up to 50 metres. 24 hour clock display with count up capability to 9hr 59 min 59 sec. Comes with remote control and AC power adaptor. Can be powered by 4 x D size batteries. Can be wall mounted or used as a freestanding unit. 150mm digit display. Unit measures 520mm wide x 310mm high x 70mm deep

Digi DTS1 Scoreboard D DTS1 750.00 825.00

Includes one score unit with 2 x 3 digit score displays visible from 50 metres. - Count-down timer - Stopwatch - Time - Remote control (from 50 metres) - A. C. or Battery powered for outdoor usage - Hang on wall or stand on floor Unit measures 800mm high x 520mm wide x 70mm deep

Digi Timer Shot Clocks E 963298 361.82 398.00

Set includes two x shot clocks with 100mm LCD display, two x 33 metre connection cables and one x control console. Shot clock display can be wall mounted or camera tripod mounted (not included) - Console with LCD display - Shot clock display with 100mm height digits - Countdown timer can be set up to 60 seconds - Alert sound when countdown reaches zero - Two keys operation - Multiple shot clock display can be linked together - Battery operation.

Seiko KT-601 Sports Counter F 185855 2726.82 2999.50

Scores multiple sports including basketball, volleyball, Table Tennis, Badminton, Boxing and Wrestling etc. Also can be used as a pacer for training etc. Can be used as a stopwatch, countdown timer or pacer Can be operated from backside control panel or wireless remote (KT-601RC; included) Programmable game timer counts up or down from 99:59 with scores for two teams up to 199 Buzzer when timer reaches zero, or can be manually controlled By using sync-cable KT-041 (80 m; included), KT-601 can be interlocked with up to 4 other KT-601 units. Sports Counter KT-601 is designed for indoor use only.

Portable Scoreboard/Audio PA System G 187850 425.00 467.50

At last a fully portable scoreboard with audio playback and PA capabilities. Features include scoreboard with home and away score counters, 90 minute countdown/up timer with siren buzzer, period counter to 9 periods, two powerful 10W speakers, built in USB port, analogue line in 3.5mm jack, audio line output for connection to external amplifiers, cable microphone and pocket sized RF remote control. Powered by 8 "D" size batteries or AC power. Weighs under five kilograms. Score digits 85mm high, Timer digits 40mm high, Period digit 50mm high.

Stadium Scoreboards

Super Champ Scoreboard H 187890 3690.00 4059.00

Size: 1200x900x100mm Digits: 160mm & 125mm dual row LED Shows the time count-down in minutes and seconds, scores to 199 and team fouls up to 9 for both teams. This model also shows time-outs up to 3 for both teams. A budget priced full featured multi-purpose scoreboard for small stadiums and school gymnasiums.

Little Champ Scoreboard I 187895 1995.00 2194.50

Size: 700x600x100mm Digits: 100mm LED Shows the time count-down in minutes and seconds, scores to 99 and team fouls up to 9 for both teams. Available as a portable or fixed unit for small stadiums.

Millennium Scoreboard J 187896 4690.00 5159.00

Size: 1525x900x100mm Australia's most popular scoreboard now has extended features. In addition to the standard features for which this model is famous, it now includes a game period indicator. The control panel includes a fully detailed LCD display of all scoreboard functions.

Scoreboard - Indoor Water Polo K WP150 3590.00 3949.00

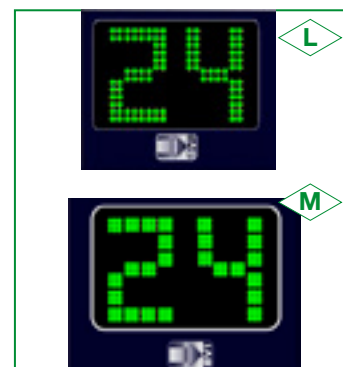
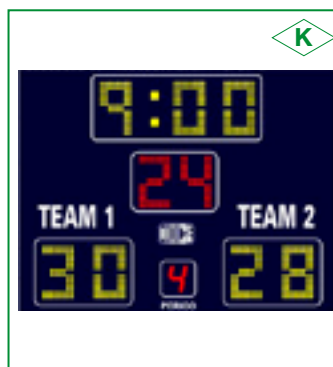
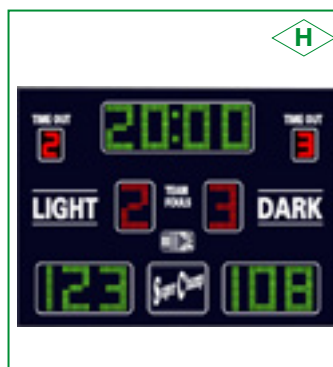
Features: 150mm dual row LED digits. Time countdown in minutes and seconds from 9 mins. Scores to 99. Integrated 35 second shot clock. Electronic siren and game period display. Cabinet size is 1200mm x 900mm x 100mm.

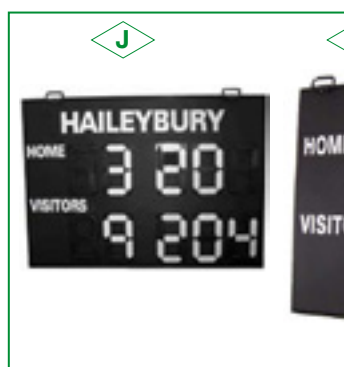
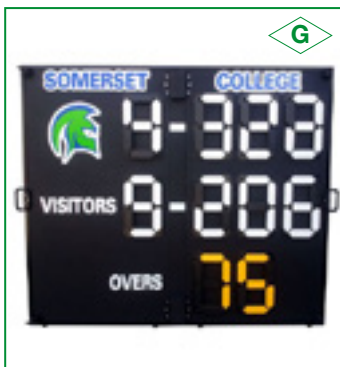
24 Second Shot Timer (150mm Digits) L 187898 1890.00 2079.00

Portable basketball shot clocks with countdown from 24 seconds. Digits are 150mm dual row LED for viewing over wide angles up to 60 metres. Comes with cables and controllers.

24 Second Shot Timer (200mm Digits) M 187899 2490.00 2739.00

Portable basketball shot clocks with countdown from 24 seconds. Digits are 200mm tri row LED for viewing over wide angles up to 80 metres. Comes with cables and controllers.





Portable Manual Scoreboards

WOS Tabletop Volleyball Scoreboard A 947720 26.82 29.50

World of Sport Volleyball Scoreboard. Compact design displays up to and including 30. Large double sided numbers 14.5cm high, Small numbers 6.5cm high. Displays score on both sides of scoreboard at same time.

Flip Scoreboard Small B 689930 49.00 53.90

Small FlipTop 45 x 20cm Main numbers go up to 99.

Mikasa Tabletop Volleyball Scoreboard C 947721 86.82 95.50

Mikasa Volleyball Scoreboard. Compact design displays up to and including 30. Large Numbers 14.5cm High, Small Numbers 6.5cm High.

Gray Nicolls Portable Scoreboard D 269937 142.32 156.55

Lightweight design that folds up and is easy to carry. Flip digits allow display of runs, wickets and overs. Comes with carry bag for ease of storage.

Gray Nicolls Portable Scoreboard Deluxe E 269937D 170.00 187.00

Lightweight design that folds up and is easy to carry. Flip digits allow display of runs, wickets and overs. Comes with carry bag for ease of storage. Displays runs, wickets, overs and target.

Scoreboard - Club Cricket F 689907CC 550.00 605.00

Dimensions 950mm wide x 800mm high Constructed from 12mm ply with alloy powder coated edging Finished matt black surfaces fully weatherproof Fitted with carry handles Weight 7kg.

Scoreboard - Deluxe Fold Up Cricket G 689907DFC 758.00 833.80

Dimensions 1.2 metres high x 1.4 metres wide Constructed from heavy duty 12mm ply with alloy powder coated edging Finished with clear marine varnish to back and matt black front surfaces Folds up to carry away for storage to 1.2 metres x 67cm x 9.5cm Weight 15kg Fitted with end latches and centrally mounted carry handles for transport and storage.

Scoreboard - Deluxe Fold Up AFL H 689907DFF 805.00 885.50

Dimensions 1.59 metres high x 1.4 metres wide Finished with matt black to both front and back surfaces Folds up to carry away for storage to 1.59 metres x 675 mm x 96 mm. Text changing sliders Weight - 24kg Designed for outdoor use in all weather conditions Fitted with end latches and carry handles for transport and storage Constructed from heavy duty 12 mm ply with alloy powder coated edge protection.

Scoreboard - AFL/Cricket Club I 689907DPFC 725.00 797.50

Dimensions 1893mm wide x 900mm high Constructed from 12mm ply with alloy powder coated edging Finished matt black all surfaces fully weatherproof Fitted with carry handles (if required) Text changing sliders Weight 13.5kg.

Scoreboard - Portable Hockey J 689907MP 575.00 632.50

Dimensions 900mm x 900mm Weight - 6.5kg Constructed from 12mm ply board painted matt black both sides Black powder coated alloy channel around outside edges Home / Visitors in white vinyl with 2 Scoreboard Modules for each team Carry handles along top edge can be used to secure Scoreboard in an elevated position.

Scoreboard - Multi Purpose K 689907N 344.00 378.40

Dimensions 1400mm wide x 1000mm high Weight 15kg Constructed from 12mm ply board painted matt black both sides Black powder coated alloy channel around outside edges Home / Visitors in white vinyl with 5 Scoreboard Modules for each team Carry handles along top edge can be used to secure Scoreboard in an elevated position.

Scoreboard - Portable Netball L 689907R 805.00 885.50

Dimensions 662mm x 900mm Weight 7kg Sold assembled ready to use with 4 scoreboard modules fitted Constructed from heavy duty 12mm ply with powder coated edging Finish matt black painted surfaces front and back Fitted with 2 x handle assemblies along top edge and lettering HOME/VISITORS Space above modules for Club Name and Sponsor details - 630mm x 184mm Optional with or without A-Frame fold-out stand.

Scoreboard - Fold Up Rugby M 689907S 398.00 437.80

Dimensions 1.59m high x 1.4m wide Weight - 22.5kg Sold assembled ready to use with 16 Scoreboard modules fitted Constructed from heavy duty 12mm ply board with alloy powder coating edging End latches and handles for ease of transport and storage Finish matt black painted all surfaces.

Scoreboard - Portable Soccer N 689907T 407.00 447.70

Dimensions 900mm high x 900mm wide Constructed from heavy duty 12mm ply with alloy powder coated edging Finished with matt black to both front and back surfaces Large spaces for your Sponsors logo and details. Weight 5kg.

Scoreboard - Portable Tennis O 689908 63.59 69.95

Dimensions 900mm wide x 900mm high Constructed from 12mm ply with zinc plated aluminium edging. Finish matt black surfaces fully weatherproof Fitted with carry handles along the top edge Weight 7kg.

Scoreboard - Portable Tennis 3 sets

Lightweight portable tennis scoreboard capable of scoring three sets. Double sided viewing with scores on both sides changing at same time. 70mm black digits on white background for easy viewing. Easily attached to fences or umpire chair. Not recommended for permanent external installation.

SNORKELLING

Masks

Mirage Tropic Silitex Mask P 784622 15.41 16.95

Popular twin tempered glass lens design. Low volume, silitex skirt. Easy to adjust.

Carbon Black Silicone Mask

Hi grade black silicone skirt eliminates side light for better vision and fit. Woven carbon finish, robust frame for maximum durability.

Silitex Mask Strap

Clear silitex replacement mask strap.

Silicone Mask Strap

Clear silicone replacement mask strap.

Snorkels

Freedom Silitex Snorkel

Ideal for schools or hire. This full size, soft bore snorkel has a heavy duty silitex mouthpiece. High performance purge & dry top finish.

Cruise Silicone Snorkel with Purge

Modern looking semi-rigid contoured drop away snorkel. Has a replaceable silicone standard regulator mouthpiece and easy to clear purge valve.

Replacement Diaphragm for Purge Snorkel

Replacement diaphragm for purge type snorkels.

Snorkel Keeper

Clear snorkel strap for attaching snorkel to mask strap.

Fins

Mirage Enduro Snorkelling Fins

Colour coded by size. Wide foot pocket for extra comfort.

Mirage Enduro Snorkelling Fins (1-3) Grey

Mirage Enduro Snorkelling Fins (3-5) Red

Mirage Enduro Snorkelling Fins (5-7) Orange

Mirage Enduro Snorkelling Fins (7-9) Green

Mirage Enduro Snorkelling Fins (9-11) Blue

Mirage Enduro Snorkelling Fins (11-13) Yellow

Sets

Senior Silicone Set with Fins

Great value silicone snorkelling package. Hi grade silicone mask skirt, purge snorkel with silicone mouthpiece and splash guard. Sizes S/M & L/XL.

Mirage Quest Silicone Mask & Snorkel

Want something a bit better, we've got it. This popular style twin lens, low volume mask comes in silicone for added comfort and is coupled with a stylish, silitex, purge-valve snorkel.

Mirage Barracuda Silicone Mask & Snorkel

Stylish twin lens mask with silicone comfort plus our high performance snorkel with drop-away style and dry top.

SOF CROSSE

Balls

Sof Crosse Ball

Orange synthetic ball approximate diameter 75mm, with low bounce characteristics especially made for Sof Crosse.

Standard Sof-Crosse Ball White (x6)

Replacement white ball for standard Sof-Crosse sets. Sold in packs of six.

Bucket of 25 Sof-Crosse Balls

25 orange PVC sof-crosse balls in 25ltr bucket with lid.

Sof-Crosse Sets

Standard Sof-Crosse Set

Standard sof crosse stick with aluminium handle, head assembly and moulded keeper strap. Available in blue/red or green/yellow. Kit includes 12 sticks and 6 white balls.

Standard Sof-Crosse Set - Blue/Red

Standard Sof-Crosse Set - Green/Yellow

Goals

Lacrosse Goal-Indoor Folding 1320x1270mm

Frame 50mm sq. light steel tube with hinged end frames for storage. Removable rods hold the 50mm sq. sports mesh to the frame. Rubber buffers FCI-431 protect the floor. Holding down plates A16-225 can be ordered separately. Supplied with nets and sold as individual units. Lockdowns are required. Please contact World of Sport to discuss options.

Replacement Sticks and Head Assembly

Standard Sof-Crosse Stick

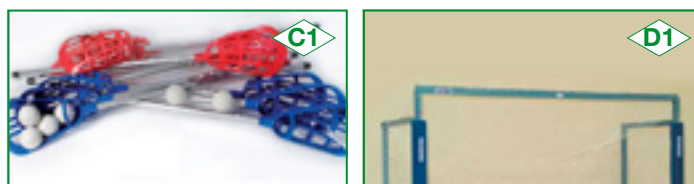
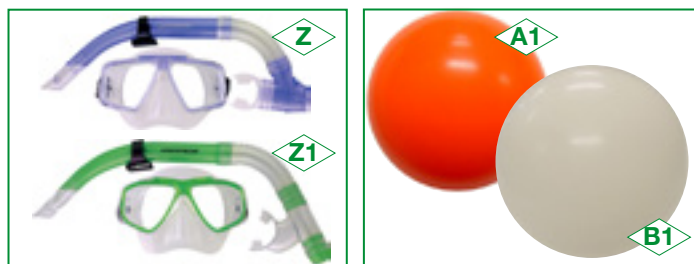
Standard sof crosse stick with aluminium handle, head assembly and moulded keeper strap.

Standard Sof-Crosse Stick - Blue

Standard Sof-Crosse Stick - Green

Standard Sof-Crosse Stick - Red

Standard Sof-Crosse Stick - Yellow





WORLD OF SPORT



SwiftShelter Shade Shelters

**Affordable, durable, easy to erect
lightweight portable shelters.**



Custom Printing & Colours

Your colours,
name and logo's



Safe & Secure Fittings

Protect yourself
and others



Made To Last

Tough canopies
and frame



Easy To Get Around

Wheels, pockets,
handles and bag



WORLD OF SPORT

www.wos.com.au



WORLD OF SPORT

With ever increasing high demand of lightweight portable shelters, SwiftShelter established direct links with the overseas manufacturers. Combining the latest quality design and digital printing process SwiftShelter offers fantastic value and flexibility for professional appearance and use.

Being part of the World Of Sport group provides many advantages to our customers. Being a superior product, great pricing and low freight rates throughout Australia.



Upright section of aluminium corner posts showing easy to use push lever height adjustment system.



Swiftshelter corner assembly with aluminium roof truss and connection system as used in aluminium frame.



All shades are supplied with zippered bag with wheels. Pockets are incorporated for storage of canopy and pegs.

SwiftShelter Aluminium

Features include lever pin release, full aluminium frame, upper leg frame 50mm hexagonal, canopy fabric 500 denier 100% waterproof polyester UV98%, five height adjustments.

SwiftShelter Steel

Features include: twist button release, powder coated steel frame, upper leg frame 32mm square steel, canopy fabric 500 denier 100% waterproof polyester UV98%, five height adjustments. Please note the adjusting features are different to the aluminium shelters.

CHOOSE
FROM
4
MODELS



1.5 x 1.5 metres



3 x 3 metres



3 x 4.5 metres



3 x 6 metres



Custom printing at additional cost

Description	Frame	Product	Exempt Price	Tax Included
SwiftShelter 1.5m x 1.5m	Steel	0071	\$310.64	\$341.70
SwiftShelter 3m x 3m	Steel	008	\$238.14	\$261.95
SwiftShelter 3m x 3m	Aluminium	009	\$399.55	\$439.50
SwiftShelter 3m x 4.5m	Aluminium	0082	\$543.19	\$597.50
SwiftShelter 3m x 6m	Aluminium	0091	\$704.14	\$774.55

COLOURS AVAILABLE: Black, Blue, Brown, Bottle, Gold, Green, Maroon, Navy, Orange, Purple, Red, Turquoise, White, Yellow, Black Stripe, Blue Stripe, Green Stripe, Red Stripe.



Custom Printing

With modern digital printing once impossible to provide designs are now within the reach of all our clients. If you want something a little different to suit your business or organisation your design can be printed directly onto the fabric.

Many of our customers are now adding their names, logo's and other relevant designs to

give them the edge at events. This is also great for identification of your SwiftShelter canopy. You can even get a complete custom canopy colour or simply place your designs onto our standard colours.

What We Will Need

- Your design requirements
- Good quality images for any logos or other design features. Files need to be in .ai format.



For more information please visit www.swiftshelter.com.au where you can download a PDF template to help with your design.





Description	Product	Exempt Price	Tax Included
Printing skirt and canopy 3.0m x 3.0m	03996516	\$408.37	\$449.20
Printing skirt and canopy 3.0m x 4.5m	03996517	\$612.51	\$673.75
Printing skirt and canopy 3.0m x 6.0m	03996518	\$816.69	\$898.35

SwiftShelter Wall 3 Metre

	CODE	EXEMPT PRICE	TAX INCLUDED
SwiftShelter 3m Wall Black	0101	\$35.91	\$39.50
SwiftShelter 3m Wall Blue	0101B	\$35.91	\$39.50
SwiftShelter 3m Wall Brown	0101BR	\$35.91	\$39.50
SwiftShelter 3m Wall Maroon	0101BU	\$35.91	\$39.50
SwiftShelter 3m Wall Bottle	0101F	\$35.91	\$39.50
SwiftShelter 3m Wall Green	0101G	\$35.91	\$39.50
SwiftShelter 3m Wall Gold	0101GO	\$35.91	\$39.50
SwiftShelter 3m Wall Grey	0101GR	\$35.91	\$39.50
SwiftShelter 3m Wall Navy	0101N	\$35.91	\$39.50
SwiftShelter 3m Wall Orange	0101O	\$35.91	\$39.50
SwiftShelter 3m Wall Purple	0101P	\$35.91	\$39.50
SwiftShelter 3m Wall Red	0101R	\$35.91	\$39.50
SwiftShelter 3m Wall Turquoise	0101T	\$35.91	\$39.50
SwiftShelter 3m Wall White	0101W	\$35.91	\$39.50
SwiftShelter 3m Wall Yellow	0101Y	\$35.91	\$39.50



SwiftShelter Wall 3 Metre

SwiftShelter Half Wall 3 Metre

SwiftShelter Half Wall 3m Black	010B	\$45.95	\$50.55
SwiftShelter Half Wall 3m Blue	010BL	\$45.95	\$50.55
SwiftShelter Half Wall 3m Brown	010BR	\$45.95	\$50.55
SwiftShelter Half Wall 3m Maroon	010BU	\$45.95	\$50.55
SwiftShelter Half Wall 3m Bottle	010F	\$45.95	\$50.55
SwiftShelter Half Wall 3m Green	010G	\$45.95	\$50.55
SwiftShelter Half Wall 3m Gold	010GO	\$45.95	\$50.55
SwiftShelter Half Wall 3m Grey	010GR	\$45.95	\$50.55
SwiftShelter Half Wall 3m Navy	010N	\$45.95	\$50.55
SwiftShelter Half Wall 3m Orange	010O	\$45.95	\$50.55
SwiftShelter Half Wall 3m Purple	010P	\$45.95	\$50.55
SwiftShelter Half Wall 3m Red	010R	\$45.95	\$50.55
SwiftShelter Half Wall 3m Turquoise	010T	\$45.95	\$50.55
SwiftShelter Half Wall 3m White	010W	\$45.95	\$50.55
SwiftShelter Half Wall 3m Yellow	010Y	\$45.95	\$50.55



SwiftShelter Half Wall 3 Metre

SwiftShelter Wall Kit 3 Metre

SwiftShelter 3m Wall Kit Black	011B	\$84.68	\$93.15
SwiftShelter 3m Wall Kit Blue	011BL	\$84.68	\$93.15
SwiftShelter 3m Wall Kit Green	011G	\$84.68	\$93.15
SwiftShelter 3m Wall Kit Red	011R	\$84.68	\$93.15
SwiftShelter 3m Wall Kit White	011W	\$84.68	\$93.15
SwiftShelter Rail Bar (x2)	027	\$45.95	\$50.55



SwiftShelter Wall Kit 3 Metre

SwiftShelter Wall 4.5 Metre

	CODE	EXEMPT PRICE	TAX INCLUDED
SwiftShelter 4.5m Wall Black	0100B	\$45.00	\$49.50
SwiftShelter 4.5m Wall Blue	0100BL	\$45.00	\$49.50
SwiftShelter 4.5m Wall Brown	0100BR	\$45.00	\$49.50
SwiftShelter 4.5m Wall Maroon	0100BU	\$45.00	\$49.50
SwiftShelter 4.5m Wall Bottle	0100F	\$45.00	\$49.50
SwiftShelter 4.5m Wall Green	0100G	\$45.00	\$49.50
SwiftShelter 4.5m Wall Gold	0100GO	\$45.00	\$49.50
SwiftShelter 4.5m Wall Grey	0100GR	\$45.00	\$49.50
SwiftShelter 4.5m Wall Navy	0100N	\$45.00	\$49.50
SwiftShelter 4.5m Wall Orange	0100O	\$45.00	\$49.50
SwiftShelter 4.5m Wall Purple	0100P	\$45.00	\$49.50
SwiftShelter 4.5m Wall Red	0100R	\$45.00	\$49.50
SwiftShelter 4.5m Wall Turquoise	0100T	\$45.00	\$49.50
SwiftShelter 4.5m Wall White	0100W	\$45.00	\$49.50
SwiftShelter 4.5m Wall Yellow	0100Y	\$45.00	\$49.50



SwiftShelter Wall 4.5 Metre

SwiftShelter Half Wall 6 Metre

SwiftShelter 6m Wall Brown	0102BR	\$58.64	\$64.50
SwiftShelter 6m Wall Maroon	0102BU	\$58.64	\$64.50
SwiftShelter 6m Wall Bottle	0102F	\$58.64	\$64.50
SwiftShelter 6m Wall Gold	0102GO	\$58.64	\$64.50
SwiftShelter 6m Wall Grey	0102GR	\$58.64	\$64.50
SwiftShelter 6m Wall Navy	0102N	\$58.64	\$64.50
SwiftShelter 6m Wall Orange	0102O	\$58.64	\$64.50
SwiftShelter 6m Wall Purple	0102P	\$58.64	\$64.50
SwiftShelter 6m Wall Turquoise	0102T	\$58.64	\$64.50
SwiftShelter 6m Wall Black	0131	\$58.64	\$64.50
SwiftShelter 6m Wall Blue	0131B	\$58.64	\$64.50
SwiftShelter 6m Wall Green	0131G	\$58.64	\$64.50
SwiftShelter 6m Wall Red	0131R	\$58.64	\$64.50
SwiftShelter 6m Wall White	0131W	\$58.64	\$64.50
SwiftShelter 6m Wall Yellow	0131Y	\$58.64	\$64.50



SwiftShelter Half Wall 6 Metre

COLOURS AVAILABLE:

Black, Blue, Brown,
Maroon, Bottle, Green,
Gold, Navy, Orange,
Purple, Red, Turquoise,
White, Yellow.



SwiftShelter Accessories

	CODE	EXEMPT PRICE	TAX INCLUDED
A. Bag for 3m x 6m SwiftShelter	0091B	\$68.18	\$75.00
A. Bag for 3m x 3m SwiftShelter	009B	\$50.00	\$55.00
B. SwiftShelter Sand Bag	021	\$30.00	\$33.00
C. SwiftShelter Stake and Rope Kit	21022	\$5.09	\$5.60



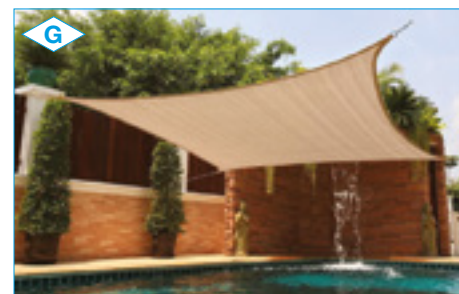
Folding Tables

E. SwiftShelter Folding Table 4'	579201	\$118.86	\$130.75
E. SwiftShelter Folding Table 5'	579202	\$142.82	\$157.10
E. SwiftShelter Folding Table 6'	579203	\$166.77	\$183.45



SunShade Sails

F. Sun Shade Sail 3.6 x 3.6 x 3.6m	030	\$23.73	\$26.10
G. Sun Shade Sail 5 x 5 x 5m	031	\$37.36	\$41.10
G. Sun Shade Sail 3 x 3m	032	\$35.45	\$39.00
G. Sun Shade Sail 3.6 x 3.6m	033	\$44.82	\$49.30
G. Sun Shade Sail 5 x 5m	034	\$59.68	\$65.65



World of Sport

PO Box 6362, Yatala DC, Qld. 4207

Phone: **1300 658 648**

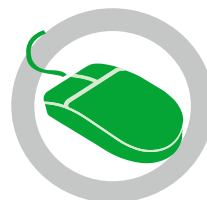
Fax: (07) 5540 7711

ABN: 23 019 594 190

E-COMMERCE ORDERS

Visit our website at:

www.wos.com.au



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VERSATILE SHELVING



EASY TO ASSEMBLE – NO TOOLS REQUIRED!



EASY CLIP-IN SYSTEM

TIMBER SHELVING			Inc GST	Inc GST	Inc GST
Height mm	Length mm	Depth mm	3 Shelf Timber	4 Shelf Timber	5 Shelf Timber
2000	1200	400	\$289.65	\$341.60	\$393.55
2000	1200	600	\$311.60	\$368.60	\$425.60
2000	1200	800	\$319.70	\$407.90	\$471.90
2000	1500	400	\$333.30	\$399.80	\$466.30
2000	1500	600	\$363.80	\$438.20	\$512.60
2000	1500	800	\$406.75	\$491.70	\$576.65
2000	1800	400	\$345.30	\$415.80	\$486.30
2000	1800	600	\$384.80	\$466.20	\$547.60
2000	1800	800	\$418.75	\$507.70	\$596.65
2000	2400	400	\$388.05	\$472.80	\$557.55
2000	2400	600	\$424.55	\$519.20	\$613.85
2000	2400	800	\$484.30	\$595.10	\$705.90

When measuring length of shelving required, please remember to allow 60mm for each frame utilised to support span beams. For example, if you require a span of 2400mm plus a span of 1200mm, three frames will be required bringing the total length of racking to 3780mm. This space will be required in your storage area. Please call our staff if you require assistance with layout.

Ref Code Ex. GST Inc. GST

SPEEDMINTON

Racquets

Speedminton Racquet - Junior A 700510 30.82 33.90
Junior speedminton racquet suitable for ages 6 to 12 years.

Speedminton Racquet - Senior B 700520 30.82 33.90
Senior entry level speedminton racquet, suitable for school and club play.

Speeders

Speedminton Speeder - Fun C 700530 3.45 3.80
Fun Speeder for beginners and short court variations of Speedminton. Ideally suited to indoor use.

Speedminton Speeder - Match D 700540 3.45 3.80
Match standard Speeder for full court variations of Speedminton. Suitable for use at high schools and clubs.

Speedminton Speeder - Night E 700545 3.45 3.80
Night Speeder for use with nightlights allows for play at night. Nightlights sold separately.

Speedminton Speeder Windring F 700550 1.45 1.60
Weighted ring that is placed on Speeder, allows for play to continue in breezy conditions.

Speedminton Speeder Nightlights (x8) G 700560 5.82 6.40
Nightlight sticks for use with Speeders when playing at night, simply snap stick and insert in Speeder to play.

Courts

Speedminton Easy Court 700570 34.36 37.80
Play anywhere, webbing boundary lines to mark playing areas.

Sets

Speedminton School Set - 8 Racquets 700503 362.73 399.00
8 Racquets, 8 Speeders, 8 Windrings, 2 Easy Courts.

Speedminton School Set - 16 Racquets 700502 635.45 699.00
16 Racquets, 16 Speeders, 16 Windrings, 2 Easy Courts.

Speedminton School Set - 24 Racquets 700501 935.45 1029.00
24 Racquets, 24 Speeders, 24 Windrings, 2 Easy Courts.

Speedminton School Set - 30 Racquets 700500 1135.45 1249.00
30 Racquets, 30 Speeders, 30 Windrings, 2 Easy Courts.

SQUASH

Balls

Grays Double Yellow Dot Squash Ball H 730423 3.55 3.90
Double yellow dot competition squash ball currently approved for competition use in NSW clubs and schools.

Revelation Pro XX Squash Ball I 730424 3.36 3.70
Traditional sized double yellow dot competition squash ball.

Revelation Competition XT Squash Ball J 730449 3.36 3.70
Traditional sized competition squash ball that has 10% more hang time.

Progress Squash Ball K 730473 3.36 3.70
A squash ball suitable for recreational players, 6% larger than a traditional ball with 20% longer hang time.

Intro Squash Ball L 730497 3.36 3.70
A squash ball suitable for beginners, 12% larger than a traditional ball with 40% longer hang time.

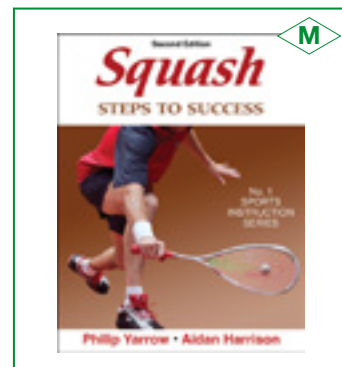
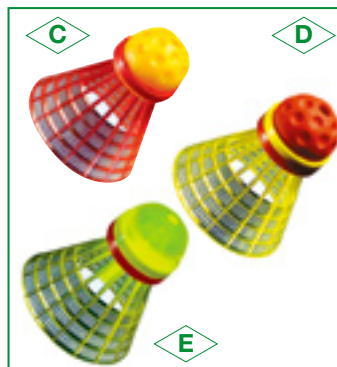
Books

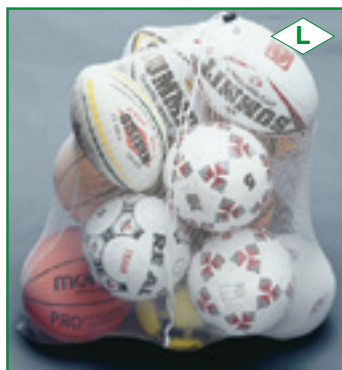
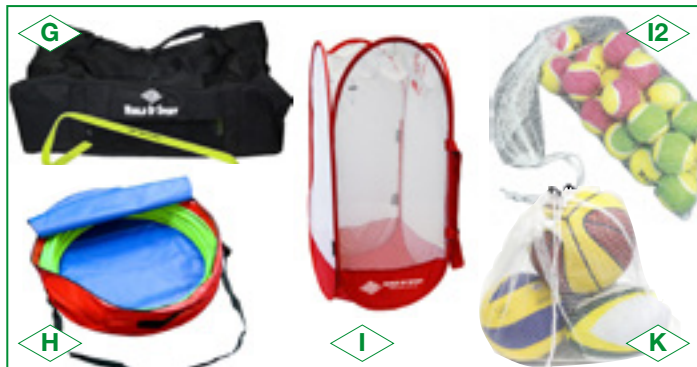
Steps To Success - Squash M 687775 36.55 40.20
Contains 82 drills and practice goals that challenge players as they master each skill, you can learn the fundamentals of: grip and handling the racquet; forehand and backhand swings, court movement and footwork; the volley, the serve, and return of serve; the boast, drop, lob and kill shots; disguise and deception; mental and physical preparation for match play. The Author guides readers from basic strokes and court movement, to specific shots and strategies.

Eye Guards

Grays GT Squash Eyewear N 739931 25.91 28.50
Distortion free, high impact polycarbonate. Anti-scratch exterior. Comply with Squash Australia protective eyewear policy. Supplied with carry pouch.

Champ Eye Guard O 739932 21.45 23.60
Adjustable headstraps, distortion free, high impact polycarbonate. Closed lens, light weight shatter resistant. Comply with Squash Australia protective eyewear policy.





Elite Eye Guard

Adjustable headstraps, distortion free, high impact polycarbonate. Anti-scratch exterior. Comply with Squash Australia protective eyewear policy.

Elite Eye Guard - Replacement Nosepiece

Replacement nose piece for Elite eye guards, see product code 739996.

Racquets and String

Grays GSX 100 Squash Racquet

Alloy squash racquet from Grays, oversized head with large performance zone. Entry level racquet designed for light use.

Grays GSX 300 Squash Racquet

Fused graphite racquet from Grays. Good value composite racquet.

Dunlop Blackstorm Power Squash Racquet

The Dunlop Blackstorm Pro Lite Squash Racket is ideal for any advanced squash players to use and provides a balanced racket with good power. The squash racket features Advanced Control System technology that helps reinforce the racket throat area to deliver maximum strength, whilst stabilising the racket head at ball impact for better control. Graphite Alloy Composite Construction. Weight: 155g Head Size: 500 sq. cm String Pattern: 16 x 19

200m Squash String

Roll of string for repairing and restringing squash racquets.

STORAGE

Carry Bags and Nets

Hurdle Mesh Carry Bag

Black mesh carry bag designed and made to carry six training hurdles. Hurdles not included.

Hurdle Mesh Carry Bag - Micro 150mm	1303912	7.73	8.50
Hurdle Mesh Carry Bag - Mini 300mm	1303911	7.73	8.50
Hurdle Mesh Carry Bag - Macro 500mm	1303913	9.55	10.50

Hoop Storage Bag

Made to make storage and transport of hoops easy. Comes with carry handle and shoulder strap. Holds approximately 20 hoops.

Hoop Storage Bag - 50cm	60389450	12.32	13.55
Hoop Storage Bag - 64cm	60389464	12.73	14.00
Hoop Storage Bag - 76cm	60389476	13.50	14.85

WOS Fast Fold Mesh Bag

Foldable mesh bag that when open stands upright as storage bag. Open size approximately 90cm x 45cm x 45cm, mesh sides and nylon base. Features drawstring closure with carry handles and shoulder strap.

WOS Mesh Drawstring Bag

Hardwearing fine mesh ball carry bag measuring 480mm x 190mm. With drawstring and toggle will hold up to 30 tennis balls.

Ball Carry Net

Fishnet ball carry net with drawstring. Tube shape will carry 5 inflated balls.

WOS Ball Carry Bag - Small 60 x 60cm

Hardwearing fine mesh ball carry bag with drawstring closure and toggle fastener. Measures 600mm x 600mm and holds up to 6 inflated balls.

WOS Ball Carry Bag 95cm x 80cm

Hardwearing fine mesh ball carry bag with drawstring closure and toggle fastener. Measures 950mm x 800mm with opening on the 800mm side. Holds up to 18 inflated balls.

WOS Black Mesh Carry Bag

Mesh carry bag with drawstring and toggle. Made from strong black mesh, will hold up to 20 full size balls. Measures 110cm x 80cm with opening on 80cm side.

Sports Bag - Red

Water resistant bag with zip opening which is ideal for carrying balls and practice equipment. 100cm x 19cm x 21cm in size. Will hold five full size soccer balls.

WOS Mesh Bag 90cm - Blue

Blue mesh carry bag with zip closure. Also features two carry handles and a shoulder strap.

Heavy Duty Carry Net

Heavy duty mesh net ball carry bag with taped sides. Drawstring closure. Holds 10 to 12 balls.

WOS Primary Nylon & Mesh Ball Carry Bag

Nylon and mesh carry bag Nylon base Drawstring and closure Depth 68cm Base diameter 45cm A strong ball carry bag with durable base with rim reinforcement. Blue in colour.

WOS Secondary Nylon Mesh Ball Carry Bag

Nylon and mesh carry bag Nylon base Drawstring and closure Depth 96cm Base diameter 45cm A strong ball carry bag with durable base with rim reinforcement. Red in colour.

	Ref	Code	Ex. GST	Inc. GST
WOS Mini Nylon & Mesh Ball Carry Bag	Q2	768517	3.27	3.60
Reinforced nylon and mesh bag with drawstring toggle closure. Ideal for carrying baseballs, cricket balls or hockey balls. Holds approximately 24 balls				
WOS International Ball Carry Bag	Q3	768518	7.50	8.25
Reinforced nylon bag with full zipper closure and adjustable carry strap. Ideal for storing and carrying baseballs, cricket balls or hockey balls. Holds approximately 40 balls				

For a complete range of Baggage see page 48

Ball Crates and Racks

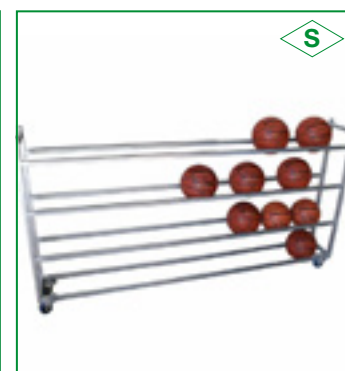
Ball Carry Crate Baseball/Cricket/Hockey		768501	38.18	42.00
Plastic coated wire framed ball carry crate. Will hold 24 balls. Suitable for baseballs, cricket balls, hockey balls and oz cricket balls.				
Ball Carry Crate - Softball		768501S	38.18	42.00
Plastic coated wire framed ball carry crate. Will hold 12 softballs				
WOS Portable Ball Rack (holds 16 balls)	R	768586	195.64	215.20
Steel four tier ball rack, holds 16 balls (four to each tier). Supplied with non marking castors.				
WOS Portable Ball Rack (holds 32 balls)	S	768587	247.91	272.70
Steel eight tier ball rack, holds 32 balls (eight to each tier). Supplied with non marking castors. Measures 205x119x26cm				
WOS Racquet Rack	T	768588	58.64	64.50
Plastic coated wire racquet rack. Will hold twenty racquets comfortably.				
Wilson Folding Tennis Ball Basket	U	839940	47.23	51.95
Durable steel construction, holds 75 ball with a no spill lid and handles which convert to lock in place as legs for easy use.				
Vertical Medicine Ball Rack	V	RBM10	201.00	221.10
Great for storage and display, holds up to 10 medicine balls. Great for wall balls and slam balls. Stand colour is black.				

Buckets

Bucket and Lid - 5L	W	768510	4.18	4.60
White plastic bucket that comes with reuseable lid to fit. Excellent for storage of golf balls and table tennis balls.				
Bucket and Lid - 10L	W1	768514	8.18	9.00
Plastic bucket with wire handle includes lid. Bucket will hold up to 25 balls of cricket ball size.				
Bucket and Lid - 20L	W2	768513	10.50	11.55
Plastic bucket with wire handle includes lid. Bucket will hold up to 72 tennis balls.				

Plastic Storage Crates

15 Litre Storage Bin with Lid	X	768526	40.32	44.35
Stackable storage bin with a 15 litre capacity. Measures 385mm(D) x 300mm(W) x 190mm(H). Supplied with lid.				
23 Litre Storage Bin with Lid	Y	768527	51.09	56.20
Stackable storage bin with a 23litre capacity. Measures 527mm(D) x 381mm(W) x 140mm(H). Supplied with lid.				
32 Litre Storage Bin with Lid	Y1	768528	39.91	43.90
Stackable storage bin with a 32 litre capacity. Measures 645mm(D) x 413mm(W) x 210mm(H). Supplied with lid.				
29 Litre Stackable Cube	Z	768531	21.50	23.65
Stackable plastic cube measures 356mm(W) x 356mm(D) x 292mm(H).				
Milk Crate	A1	768532	16.14	17.75
Plastic milk crate, heavy duty measures approximately 355mm(W) x 355mm(D) x 300mm(H). Strong enough to hold heavy items.				
50 Litre Stackable Crate	B1	768537	86.95	95.65
Vented stackable crate with 50 litre capacity, measures 572mm(W) x 382mm(D) x 318mm(H). Excellent for storage of swim and pool equipment as air circulates through vents.				
52 Litre Storage Bin	C1	768543	28.86	31.75
Stackable storage bin with a 52 litre capacity. Measures 645mm(D) x 413mm(W) x 276mm(H). Lid also available, see code 768544.				
52 Litre Storage Bin - Lid		768544	15.73	17.30
Lid for 52 Litre Storage Bin, clips onto crate at one end and can be zip tied at other end. See product code 768543.				
84 Litre Stackable Crate	D1	768545	73.09	80.40
Vented stackable crate with 84 litre capacity, measures 585mm(W) x 522mm(D) x 350mm(H). Excellent for storage of swim and pool equipment as air circulates through vents.				
68 Litre Storage Crate	E1	768546	49.73	54.70
Stackable storage crate with a 68 litre capacity, measures 645mm (W) x 413mm (D) x 397mm (H). Lid also available.				
68 Litre Storage Crate Lid		768546L	16.41	18.05
Lid to suit 68 litre storage crate, see product code 768546.				





84 Litre Storage Bin

Storage bin with 84 litre capacity. Diameter at top of bin opening 540mm with height of bin 610mm. Lid available see product code 768550.

84 Litre Storage Bin - Lid

Lid to suit 84 litre storage bin, see product code 768549.

Athletic Trolleys

World of Sport Discus Trolley

Steel trolley designed to hold up to 35 discs over two levels. Trolley has pneumatic wheels and painted finish.

Nordic Sport Discus Trolley

Steel trolley designed to hold 24 discus on two separate levels. Trolley has pneumatic wheels and painted finish.

World of Sport Shot Trolley

Steel trolley designed to carry 16 shots on two separate levels. Trolley has pneumatic wheels and painted finish.

Nordic Shot Trolley

Steel trolley designed to carry 12 shots on two separate levels. Trolley has pneumatic wheels and painted finish.

World of Sport Discus Shot Combo Trolley

Sturdy steel trolley made to hold approximately 15 discus and 8 to 10 shots. Pneumatic tyres for ease of use on all surfaces.

WOS Javelin Storage Trolley

Steel trolley designed to hold 24 javelins in upright positions without the javelins touching. Trolley has pneumatic wheels and painted finish.

Nordic Javelin Storage Trolley

Steel trolley designed to hold 24 javelins in upright positions without the javelins touching. Trolley has painted finish.

Nordic Hammer Trolley (Holds 12)

Steel hammer trolley designed to hold 12 hammers. Trolley has large wheels and painted finish.

Nordic Starting Block Cart (8 blocks)

Steel trolley designed to carry 8 starting blocks four to each side of trolley. Trolley wheels and painted finish.

Hurdle Trolley - 30 Club Hurdles

Sturdy Steel Hurdle trolley fabricated to hold up to 30 club hurdles. Pneumatic Tyres for easy transportation. Comes with removable handle for storage. 3400mm long x 915mm wide x 750mm high.

Hurdle Trolley - 30 Collapsible hurdles

Sturdy steel hurdle trolley fabricated to hold up to 30 Collapsible type Little A Hurdles. Pneumatic Tyres for easy transportation. Removable handle for storage. 2400mm long x 890mm wide x 750mm high.

Hurdle Trolley - 30 IAAF Hurdles

Designed to carry 30 club or IAAF hurdles, easy walk in load. Design can be altered to suit individual requirements at time of order.

Ball Trolleys

WOS Storage Crate Trolley

Steel framed crate on castors with weldmesh sides base and lid. Lid is hinged and has plates to take a padlock for locking. Complete with non marking castors with one set swivel and one set fixed to assist with manoeuvrability. Cage size 900mm x 750mm x 750mm + castors and handle Overall size 100cm L x 75cm D x 87cm H

Folding Wheeled Hauler Cart

Built for outdoor use and manufactured from durable and tough materials. Comes with large wheels 21cm (diameter and 8.5cm wide) for use over rough and uneven ground. Load space measures 96 x 50 x 33cm with a static load limit to 80kg. Front swivel wheels have quick release locking brakes. Compact size of 80 x 45 x 22cm when folded for storage. Extendable handle for easy hauling.

Mikasa Aluminium Ball Cart

Holds 20 volleyballs, Durable nylon bin and lightweight aluminum frame, Folds for easy transport and storage, Caster wheels for easy mobility, 64W x 64L x 100cmH

Aluminium Ball Cart

Aluminium folding carry cart on castors, complete with mesh net. Will hold approximately 20 inflated balls. Intended for indoor use.

K Line Trolley

Ball storage trolley on swivel castors. Consists of chrome folding frame with suspended heavy duty mesh bag measuring 750mm x 560mm x 500mm. Designed for indoor use on all floor surfaces. Holds between fifteen and twenty balls depending on type of ball. Replacement bag is available see product code 768599B.

Ref	Code	Ex. GST	Inc. GST
A	768549	109.36	120.30
	768550	31.50	34.65
B	768570	454.28	499.70
C	768570N	644.01	708.40
D	768571	454.28	499.70
E	7685711	644.01	708.40
F	768571C	482.41	530.65
G	768572	454.28	499.70
H	768572N	616.01	677.60
I	768568	704.01	774.40
J	768569	417.37	459.10
K	083997	951.41	1046.55
L	083998	915.23	1006.75
M	083996	1011.74	1112.90
N	768574	565.45	622.00
O	768596	140.68	154.75
P	768597	215.86	237.45
Q	768598	103.18	113.50
R	768599	227.82	250.60

K Line Trolley Replacement Bag

Replacement heavy duty mesh bag for K Line Trolley. World of Sport product code 768599.

Two Basket Tennis Coaching Trolley

Australian made two tier trolley with heavy duty wheels. Includes two baskets suitable for coaching balls.

Mat Trolleys

Mat Trolley - 1.83 x 1.22m T 089472 515.91 567.50

Steel mat trolley with 200mm wheels and swivel handle.

Mat Trolley - 3.00 x 2.00m 089475 869.68 956.65

Steel mat trolley with 200mm pneumatic tyres and swivel handle.

Mat Trolley - 2.44 x 1.68m 089482 581.55 639.70

Steel mat trolley with 200mm wheels and swivel handle.

Mat Trolley - 3.00 x 1.66m U 089490 791.95 871.15

Steel mat trolley with 200mm pneumatic tyres. Swivel handle. 340mm high.

Mat Trolley - 3.00 x 2.50m 089493 895.14 984.65

Made of steel, this trolley comes with 220mm pneumatic wheels front set swivel. Suitable as an equipment trolley or mat trolley. Extra width on this trolley can make it unsuitable for some standard doors.

Mat Trolley - 3.60 x 1.80m 089494 791.95 871.15

Steel mat trolley with 200mm wheels and swivel handle.

PVC Ball and Storage Trolleys

40 Basketball Cart V 7685751 157.95 173.75

4 tier PVC ball cart on castors. Measures approx 137cm long x 48cm wide x 132cm high. Holds 40 basketballs.

30 Basketball Cart W 7685752 142.23 156.45

3 tier PVC ball cart on castors. Measures approx 137cm long x 48cm wide x 107cm high. Holds 30 basketballs.

Big Ball Caddy X 7685753 111.86 123.05

3 tier PVC ball cart on castors. Designed to store larger balls like exercise and jumping balls. Measures approx 160cm long x 46cm wide x 188cm high.

PVC Racquet Master Cart Y 7685754 176.91 194.60

PVC cart designed to store racquets and balls. Features castor wheels and heavy duty wheels and includes ball storage baskets. Measures approx 94cm long x 48cm wide x 114cm high.

Hoop Caddy Z 7685755 91.55 100.70

PVC cart designed to store hoops. Features castor wheels as well as heavy duty wheels. Measures approx 66cm long x 66cm wide x 119cm high.

All Terrain Playground Cart A1 7685756 213.45 234.80

PVC cart designed to store playground equipment. Features castor wheels as well as heavy duty wheels to take out to the playground. Includes two baskets for small ball storage. Measures approx 132cm long x 61cm wide x 165cm high.

Playground Cart with Baskets B1 7685757 234.95 258.45

PVC cart on castors. Designed to store playground equipment. Includes two baskets for small ball storage. Measures approx 150cm long x 48cm wide x 160cm high.

Recess Rack C1 7685758 172.59 189.85

PVC cart on castors. Features four tiers for ball storage as well as extended arms to hang skipping ropes, hoops etc. Measures approx 152cm long x 48cm wide x 152cm high.

Fun Time Cart D1 7685759 265.77 292.35

3 tier PVC cart on castors. Features six storage baskets and extended arms for hanging skipping ropes, hoops etc. Measures approx 122cm long x 48cm wide x 162cm high.

Mobile Skipping Rope/Hoop Carrier E1 768576 95.05 104.55

This is a practical & convenient way of storing & moving skipping ropes & hoops. Lightweight tubular pole construction and two large rubber wheels for easy mobility. Holds approx 80 assorted size skipping ropes or 40 assorted size hoops. Comes in "flat pack" kit form so some assembly required. Size: 73cm(W) x 153cm(H).

Storage Wheelie Bins

80 Litre Wheelie Bin F1

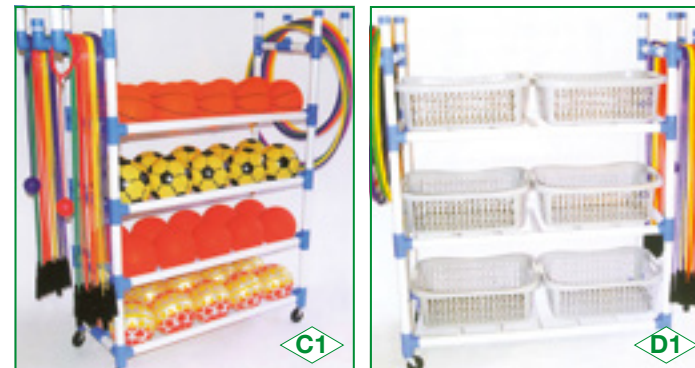
Commercial standard wheelie bin with 80 litre capacity measures 860mm(H) x 450mm(W) x 530mm(D).

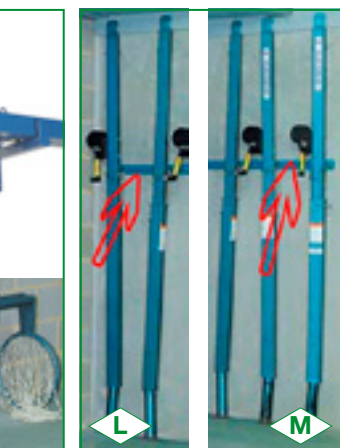
80 Litre Wheelie Bin - Green 768552 65.82 72.40

80 Litre Wheelie Bin - Blue 768553B 65.82 72.40

80 Litre Wheelie Bin - Red 768553R 65.82 72.40

80 Litre Wheelie Bin - Yellow 768553Y 65.82 72.40





120 Litre Wheelie Bin

Commercial standard wheelie bin with 120 litre capacity measures 930mm(H) x 480mm(W) x 545mm(D).

120 Litre Wheelie Bin - Green	768556	71.05	78.15
120 Litre Wheelie Bin - Blue	768557B	71.05	78.15
120 Litre Wheelie Bin - Orange	768557O	71.05	78.15
120 Litre Wheelie Bin - Purple	768557PU	71.05	78.15
120 Litre Wheelie Bin - Red	768557R	71.05	78.15
120 Litre Wheelie Bin - Yellow	768557Y	71.05	78.15

240 Litre Wheelie Bin

Commercial standard wheelie bin with 240 litre capacity measures 1060mm(H) x 585mm(W) x 730mm(D).

240 Litre Wheelie Bin - Green	768562	84.86	93.35
240 Litre Wheelie Bin - Blue	768563B	84.86	93.35
240 Litre Wheelie Bin - Orange	768563O	84.86	93.35
240 Litre Wheelie Bin - Purple	768563PU	84.86	93.35
240 Litre Wheelie Bin - Red	768563R	84.86	93.35
240 Litre Wheelie Bin - Yellow	768563Y	84.86	93.35

Wheelie Bin with Lock & Key

Wheelie bin fitted with lock and key to secure valuables. Please specify colour of bin when ordering.

Wheelie Bin with Lock & Key - 120 Litre	768557Z	107.41	118.15
Wheelie Bin with Lock & Key - 240 Litre	768563Z	121.23	133.35

Cabri Bin Top - Waste

Cabri bin tops are an attractive, highly visible way to support source separation and recycling. Features distinctive swing flap opening and smooth external surface ensures easy cleaning. Bin Top only. Suits 240 litre bin.

Cabri Bin Top - Waste	768564	73.73	81.10
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Cabri Bin Top - Recycle

Cabri bin tops are an attractive, highly visible way to support source separation and recycling. Features distinctive bottle chute opening and smooth external surface ensures easy cleaning. Bin Top only. Suits 240 litre bin.

Cabri Bin Top - Recycle	7685643	8.05	8.85
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Two stickers to be applied to sides of Cabri bin top to specify waste. Suits 240 litre bin.

Cabri Bin Top - Recycle Sticker (x2)	7685644	8.05	8.85
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Two stickers to be applied to sides of Cabri bin top to specify recycle.

General Storage

Bicycle Rack (Suits 14 Mountain Bikes)

Manufactured from galvanised steel, bolts to ground. Overall size 3075mm x 760mm x 740mm.

Bicycle Rack (Suits 14 Mountain Bikes)	768551	631.14	694.25
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Fitness Ball Ring Wall Mounted

Fitness Ball Ring Wall Mounted	768585	46.23	50.85
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Zinc plated ring intended to be fixed to a wall. Will hold a fitness ball off the ground securely.

Storage Trolley For Games Posts

Useful for transporting games posts. Timber base provides additional storage area for nets etc. Castor wheels 95mmD. Maximum load: 250kg. Size: 1600mm long x 600mm wide x 980mm high.

Storage Trolley For Games Posts	7685741	850.00	935.00
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Essentials Games Post Trolley

Essentials Games Post Trolley	768577	30.00	33.00
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Easy to use games post storage trolley. Suits Volleyball, Multisport and Netball posts and includes a tray at bottom of trolley for pads as well as a basket at top for other items. Powder coated steel construction with non-marking wheels suited for timber and synthetic floors.

Vertical Storage Rack for Two Posts

One wall bracket complete with clamping assembly for two posts and floor protection bracket to hold posts in the vertical position. 460mm wide

Vertical Storage Rack for Two Posts	SRV100	183.00	201.30
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Vertical Storage Rack for Four Posts

Vertical Storage Rack for Four Posts	SRV120	245.00	269.50
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As SRV100 but for four posts. 965mm wide

Horizontal Storage Rack

Two wall-mounted brackets for storing games posts horizontally.

Horizontal Storage Rack	SRV130	117.00	128.70
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Vertical Storage Rack - 2 T-Base Posts

Wall bracket with sets of pins to suit storing T-base posts. Holds two posts.

Vertical Storage Rack - 2 T-Base Posts	SRV140	147.00	161.70
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Vertical Storage Rack - 4 T-Base Posts

Wall bracket with sets of pins to suit storing T-base posts. Holds four posts.

Vertical Storage Rack - 4 T-Base Posts	SRV150	192.00	211.20
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Storage Bracket - Horizontal

Used when storeroom ceiling height is too low to store posts vertically. Consists of a pair of brackets to store posts or other equipment horizontally.

Storage Bracket - Horizontal	A16-137	125.00	137.50
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Storage Bracket - Vertical, 2 Posts

Similar to A16-140.

Storage Bracket - Vertical, 3 Posts

Similar to A16-138.

Storage Bracket - Vertical, 4 Posts

Designed for netball, volleyball or tennis posts, as well as uneven bars and rails. Wall bracket with a hook and chain for each post, holds the post vertically against the wall. Floor bracket retains the bottom of the post and prevents floor damage. 985mm Width.

Storage Bracket - For 36 Racquets

Similar to A16-143 but with 6 pairs of pegs spaced to suit approximately 26 tennis or badminton racquets.

Storage Bracket - 2 Posts (Badminton)

Similar to A16-143. 180mm long

Storage Bracket - 4 Posts (Badminton)

Consists of 50x6mm FMS fixed to the wall with 12mm rod pegs spaced to suit badminton posts. 750mm long

Long Span Storage Racking

Purchase Example:

If you require a set of four shelves 1800mm long and 600mm deep you will need to purchase: 2x 7685902; 8x 7685913 and 4x 7685928. Assembly of this unit would take about ten minutes with no tools required. (see page 254 For details).

Long Span Frame 2000mm x 400mm	7685901	60.82	66.90
Long Span Frame 2000mm x 600mm	7685902	63.91	70.30
Long Span Frame 2000mm x 800mm	7685903	69.05	75.95
Long Span Frame 900mm x 400mm	7685904	31.18	34.30
Long Span Frame 900mm x 600mm	7685905	35.45	39.00
Long Span Frame 900mm x 800mm	7685906	39.00	42.90
Long Span Beam 1200x60x40x28	7685911	18.09	19.90
Long Span Beam 1500x60x40x28	7685912	21.82	24.00
Long Span Beam 1800x60x40x28	7685913	23.64	26.00
Long Span Beam 2400x60x40x28	7685914	28.32	31.15
Long Span Timber Shelving 1200x400mm	7685921	11.05	12.15
Long Span Timber Shelving 1200x600mm	7685922	15.64	17.20
Long Span Timber Shelving 1200x800mm	7685923	22.00	24.20
Long Span Timber Shelving 1500x400mm	7685924	16.82	18.50
Long Span Timber Shelving 1500x600mm	7685925	24.00	26.40
Long Span Timber Shelving 1500x800mm	7685926	33.59	36.95
Long Span Timber Shelving 1800x400mm	7685927	16.82	18.50
Long Span Timber Shelving 1800x600mm	7685928	26.73	29.40
Long Span Timber Shelving 1800x800mm	7685929	33.59	36.95
Long Span Timber Shelving 2400x400mm	76859291	20.41	22.45
Long Span Timber Shelving 2400x600mm	76859292	29.41	32.35
Long Span Timber Shelving 2400x800mm	76859293	44.09	48.50

SWIMMING

Swimming Caps

Latex Caps

Eyeline Swim Caps

Regular weight latex swim cap. Supplied in bulk with no packaging.

Eyeline Swim Cap - Black	781920B	1.55	1.70
Eyeline Swim Cap - Dayglo Green	781920DG	2.73	3.00
Eyeline Swim Cap - Dayglo Orange	781920DO	2.73	3.00
Eyeline Swim Cap - Dayglo Pink	781920DP	2.73	3.00
Eyeline Swim Cap - Dayglo Yellow	781920DY	2.73	3.00
Eyeline Swim Cap - Green	781920G	1.55	1.70
Eyeline Swim Cap - Maroon	781920M	1.55	1.70
Eyeline Swim Cap - Navy	781920N	1.55	1.70
Eyeline Swim Cap - Orange	781920O	1.55	1.70
Eyeline Swim Cap - Purple	781920P	1.55	1.70
Eyeline Swim Cap - Red	781920R	1.55	1.70
Eyeline Swim Cap - Royal	781920RO	1.55	1.70
Eyeline Swim Cap - Sky	781920S	1.55	1.70
Eyeline Swim Cap - White	781920W	1.55	1.70
Eyeline Swim Cap - Yellow	781920Y	1.55	1.70





A

Printed Latex Swimming Cap

Latex swim caps printed with individual logos for clubs and schools. Set up costs apply for new designs. Please contact World of Sport to complete order.

Lycra Caps

Lycra Swimming Caps

Lycra swim cap in traditional shape.

Ref	Code	Ex. GST	Inc. GST
	781998	3.86	4.25
	A		
Lycra Swim Cap - Royal Blue	781959B	4.00	4.40
Lycra Swim Cap - Bottle Green	781959G	4.00	4.40
Lycra Swim Cap - Lime Green	781959L	4.00	4.40
Lycra Swim Cap - Navy Blue	781959N	4.00	4.40
Lycra Swim Cap - Orange	781959O	4.00	4.40
Lycra Swim Cap - Purple	781959P	4.00	4.40
Lycra Swim Cap - Red	781959R	4.00	4.40
Lycra Swim Cap - Yellow	781959Y	4.00	4.40

Silicone Caps

Eyeline Silicone Swimming Caps

Silicone swim cap from Eyeline. Individually packaged.

Ref	Code	Ex. GST	Inc. GST
Eyeline Silicone Swim Cap - Black	781979B	6.14	6.75
Eyeline Silicone Swim Cap - Buttercup Yellow	781979BY	6.14	6.75
Eyeline Silicone Swim Cap - Key Lime	781979KL	6.14	6.75
Eyeline Silicone Swim Cap - Lilac	781979L	6.14	6.75
Eyeline Silicone Swim Cap - Maroon	781979M	6.14	6.75
Eyeline Silicone Swim Cap - Metal Blue	781979MB	6.14	6.75
Eyeline Silicone Swim Cap - Metal Green	781979MG	6.14	6.75
Eyeline Silicone Swim Cap - Mid Blue	781979MIB	6.14	6.75
Eyeline Silicone Swim Cap - Mid Green	781979MIG	6.14	6.75
Eyeline Silicone Swim Cap - Mint Green	781979MIN	6.14	6.75
Eyeline Silicone Swim Cap - Navy	781979N	6.14	6.75
Eyeline Silicone Swim Cap - Neon Orange	781979NO	6.14	6.75
Eyeline Silicone Swim Cap - Neon Pink	781979NP	6.14	6.75
Eyeline Silicone Swim Cap - Purple	781979P	6.14	6.75
Eyeline Silicone Swim Cap - Powder Blue	781979PB	6.14	6.75
Eyeline Silicone Swim Cap - Petal Pink	781979PP	6.14	6.75
Eyeline Silicone Swim Cap - Red	781979R	6.14	6.75
Eyeline Silicone Swim Cap - Silver	781979S	6.14	6.75
Eyeline Silicone Swim Cap - White	781979W	6.14	6.75
Printed Silicone Swim Cap	781999	9.86	10.85

Silicone swim caps printed with individual logos for clubs and schools. Set up cost apply for new designs. Please contact World of Sport to complete order.

Ear Plugs and Nose Clips

Eyeline Ear Plugs - PVC

Flesh coloured, single baffle PVC ear plugs.

Eyeline Ear Plugs - Silicone

Silicone ear plugs, sold as a pair.

Eyeline Ear Putty - Silicone

Silicone putty for ears. Includes 2 pair per set.

Eyeline Nose Clip - Latex

Latex nose clip, clip is wrapped in latex to provide tension.

Eyeline Nose Clip - Spring

Eyeline spring nose clip, tension is provided by stainless spring.

Fins

Eyeline Rubber Floating Fins

Full foot rubber floating style swim fins.

Ref	Code	Ex. GST	Inc. GST
Eyeline Rubber Floating Fins - Size 8-11	782710	16.82	18.50
Eyeline Rubber Floating Fins - Size 11-1	782712	20.45	22.50
Eyeline Rubber Floating Fins - Size 1-3	782724	21.64	23.80
Eyeline Rubber Floating Fins - Size 3-5	782736	22.86	25.15
Eyeline Rubber Floating Fins - Size 5-7	782749	24.05	26.45
Eyeline Rubber Floating Fins - Size 7-9	782761	25.27	27.80
Eyeline Rubber Floating Fins - Size 9-11	782773	28.91	31.80
Eyeline Rubber Floating Fins - Size 11-13	782785	30.09	33.10
Eyeline Rubber Floating Fins - Size 13-15	782790	33.95	37.35
Eyeline Rubber Floating Fins - Size 15-17	782793	38.82	42.70
Eyeline Rubber Floating Fins - Size 17-19	78279317	44.91	49.40

Eyeline Impulse Short Blade Fins

Short blade rubber floating training fins.

Eyeline Impulse Short Blade Fins - 3-5	7827953-5	26.95	29.65
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B



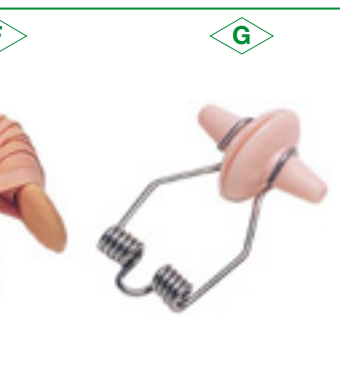
C



D



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F

G



H



I

	Ref	Code	Ex. GST	Inc. GST
Eyeline Impulse Short Blade Fins - 5-7		7827955-7	26.95	29.65
Eyeline Impulse Short Blade Fins - 7-9		7827957-9	28.23	31.05
Eyeline Impulse Short Blade Fins - 9-11		7827959-11	30.14	33.15
Eyeline Impulse Short Blade Fins - 11-13		78279511-13	31.36	34.50
Eyeline Impulse Short Blade Fins - 13-15		78279513-15	34.00	37.40
Eyeline Impulse Short Blade Fins - 15-17		78279515-17	42.45	46.70

Floatation and Rescue

Swim O Armbands	J	782907	4.27	4.70
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Inflatable O bands for wearing on arms as a flotation aid.

Eyeline EVA Foam Back Bubble Float	K	782937	12.86	14.15
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Soft EVA foam float in four sections with a webbing strap. Foam sections can easily be removed to vary buoyancy. Suits weight range 12 to 22kgs.

Wahu Swim Vest	L	782945	24.77	27.25
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Certified to and complies fully with Australian Standards AS1900. Swimming Aid Vest, not for use in boating. Durable nylon, soft closed foam cell construction. Lightweight & fully adjustable. Ergonomic contoured design ensures unrestricted body movement. 60/40 buoyancy front & back allows normal movement. Sizes Small, Medium or Large.

Standard PFD1 Jacket	M	782952	23.00	25.30
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PFD 1 buoyancy jacket provides a high level of buoyancy and is designed to maintain the wearer slightly inclined backwards, with mouth and nose well clear of water.

Water Noodle	N	782959	5.82	6.40
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Foam water noodle, measures 147cm(L) x 7cm diameter.

Floatation Bar - 1m	O	782966	12.68	13.95
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1 metre aluminium tube with 2 x 15cm polystyrene floats. Used for flotation drills with one student per Bar.

Floatation Bar - 2m	P	782974	20.55	22.60
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2 metre aluminium tube with 3 x 15 cm polystyrene floats. Used for flotation drills with two students per bar.

Swim Mat - 2000x1000mm

Foam swim mat measures 2000mm(L) x 1000mm(W), use as a flotation aid or just for water fun.

Swim Mat 2000x1000 - 20mm Thick	Q	782981	46.09	50.70
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Swim Mat 2000x1000 - 30mm Thick		782989	67.82	74.60
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65cm PVC Lifebouy	R	782996	80.27	88.30
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PVC lifebouy 65cm in diameter, for use as rescue aid at swimming pools.

Swimming Pool Reach Pole	S	789985	40.55	44.60
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Extendable reach pole for use in rescue activities.

Throw Bag with 15m Rope	T	/1770	69.95	76.95
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A specially designed throw bag containing a 15 metre rope with a floating end.

15m Pool Rescue Throw Rope with Ring		789986	46.91	51.60
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12mm Silver rope with rubber ring attached for pool rescue use. Ring aids in ease of rescue by allowing point of grip.

Rescue Tube	U	789987	156.50	172.15
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Moulded Polyethylene rescue tube. Allows for safe and effective non-contact rescue.

Games

Dive Rings	V	783124	7.14	7.85
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Set of four concentric dive rings in sturdy shatterproof plastic. Rings are designed to stand upright on bottom of pool.

Dive Sticks	W	783147	8.50	9.35
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Set of six weighted dive sticks, designed to stand on pool bottom.

Flutter Dive Discs	X	783171	4.55	5.00
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Plastic numbered dive discs with holes. Designed to slowly sink to the bottom of the pool allowing retrieval before reaching the pool bottom.

Pool Quoits	Y	783183	7.27	8.00
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Set includes four plastic quoits and one floating post.

Eyeline Rubber Dive Brick 2.2kg	Z	783189	68.73	75.60
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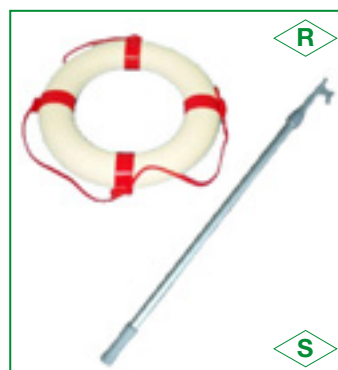
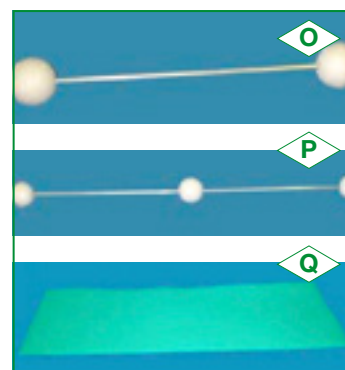
Black rubber dive brick for diving drills.

Eyeline Rubber Dive Brick 3.5kg	Z1	783190	89.23	98.15
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Black rubber dive brick for diving drills.

Invisible Zig Zag	A1	783195	10.00	11.00
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Moulded clear plastic zig-zag, sinks to bottom of pool for retrieval. Clear plastic adds another dimension to retrieval.





Goggles

Eyeline Goggles - Dolphin	A	783310	5.86	6.45
Clear polycarbonate standard lens with UV protection. Foam seals. Regular rubber headband. Slotted nose bridge. Polybag packed. Universal fitting for all ages.				
Eyeline Goggles - Deluxe	B	783320	6.36	7.00
Polycarbonate standard lens with UV protection. Foam seals. Regular rubber headband. Slotted nose bridge. Polybag packed. Universal fitting for all ages. Come in a variety of lens colours: amber, blue, clear, green, orange, purple, red, smoke.				
Eyeline Goggles - Swintime	C	783331	6.64	7.30
Polycarbonate standard lens with UV protection. Foam seals. Regular rubber headband. Slotted nose bridge. Universal fit for all ages. Lens colours: blue or clear.				
Eyeline Goggles - Vee	D	783341	9.05	9.95
Eyeline Vee Swim Goggles-Polycarbonate anti-fog lens with UV Protection. TPR (Thermo Plastic Rubber) soft seals, silicone headband and fixed length nose bridge. Designed for children, juniors & youth with smaller facial structures.				
Eyeline Goggles - Bambino	E	783351	9.36	10.30
Polycarbonate standard lens with UV protection. High grade poly seals. Split coloured rubber headband. 2 position slotted nose bridge. Clip lock surrounds hold poly seal tight. Colourful cosmetics designed for children. Lens colours: clear, smoke, blue				
Eyeline Goggles - Aqua Mate	F	783372	13.09	14.40
Polycarbonate anti-fog lens with UV protection. High grade poly seals. Split rubber headband. Slotted nose bridge. Universal fit for all ages. Come in a variety of lens colours: aqua, blue, clear, translucent amber, translucent orange, translucent pink, translucent turquoise.				
Eyeline Goggles - Black Max	G	783382	13.23	14.55
Polycarbonate anti-fog lens with UV protection. High grade poly seals. Split silicone headband. Slotted nose bridge. Universal fit for all ages. Smoke coloured lenses.				
Eyeline Split Rubber Goggle Headband	H	783392	3.32	3.65
White split rubber replacement headband.				



Lane Ropes and Starting Blocks

Antiwave 550 Starting Block	I	784209	1794.20	1973.60
These economical, low profile starting platforms are a great entry level starting platform for recreational or training facilities that have a lot of new swimmers. The stainless steel frame is electropolished to a high sheen, and will resist corrosion. The footboard has a sanded tread for safety. Setback: 67.3cm. Height off deck: 30.5cm to 45.7cm. Footboard: 560mm x 560mm.				
Antiwave 600 Starting Block	J	784210	2141.84	2356.00
The Anti Wave 600 features a FINA-approved, fixed track start wedge. The SafeStart handles aid in faster and safer starts for athletes of all ages and abilities. D 600mm x W 600mm. Fiberglass construction. Can be fixed to the deck with four plug anchors. Quick release anchors available, contact us for pricing.				
Antiwave 650 Starting Block	K	7842107	2861.55	3147.70
The Anti Wave 650 features an adjustable track start, approved by FINA. The SafeStart handles aid in faster and safer starts for athletes of all ages and abilities. D 605mm x W 580mm. Fiberglass construction. Can be fixed to the deck with four plug anchors. Quick release anchors available, contact us for pricing.				



Lane Rope With Floats	L			
Lane rope suitable for 25 metre pool, floats are spliced to main lane rope.				
Lane Rope With Floats - 25m		784218	170.86	187.95
Lane Rope With Floats - 50m		784219	341.73	375.90

Mini 65 Lane Rope

Antiwave MINI 65mm floats are made from UV stabilised co- polymer polypropylene and are best suited for competition use in larger pools. Combined with stainless steel 316 cable the ropes provide a long lasting lane system. The MINI Lane is a smaller lane for polo field markers and narrow pools				
Mini 65 Lane Rope - 25m	M	784236	707.23	777.95
Mini 65 Lane Rope - 50m		784254	1321.41	1453.55

Fina 110 Lane Rope

Antiwave MIDI 110mm floats are made from UV stabilised co- polymer polypropylene and are best suited for competition use in larger pools. Combined with stainless steel 316 cable the ropes provide a long lasting lane system. The MIDI lane is suitable for competition and general pool division				
Fina 110 Lane Rope - 25m	M1	784272	753.50	828.85
Fina 110 Lane Rope - 50m		784290	1399.82	1539.80





Ref Code Ex. GST Inc. GST

Fina 125 Lane Rope

Antiwave MYTI 125mm floats are made from UV stabilised co- polymer polypropylene and are best suited for competition use in larger pools. Combined with stainless steel 316 cable the ropes provide a long lasting lane system. The MYTI lane is suitable for competition and general pool division, and is the most cost effective.

Fina 125 Lane Rope - 25m	784280	893.95	983.35
Fina 125 Lane Rope - 50m	784292	1661.59	1827.75

Fina 150 Lane Rope - 25m

Antiwave 150mm floats are made from UV stabilised co- polymer polypropylene and are best suited for competition use in larger pools. Combined with stainless steel 316 cable the ropes provide a long lasting lane system. The lane is suitable for competition and general pool division, and is the most cost effective.

Anti Wave Super Tensioner - Red	P	784293	131.45	144.60
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The Antiwave super tensioner provides for safe and long lasting tensioning of Anti Wave lanes. Its superior design allows it to hold up to three times more tension than other products.

Long Clamp w/ S Hook	Q	784294	32.73	36.00
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The Long Clamp with S-Hook aids in attaching the lane line to the anchor.

Long Clamp w/ Snap Hook	R	784294C	47.00	51.70
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The Long Clamp with Snap Hook aids in attaching the lane line to the anchor.

Lane Rope Storeel 980mm		784295	2612.68	2873.95
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The Antiwave Storeel provides convenient mobile solutions for the storage of racing lanes. The Storeel is constructed of corrosion resistant aluminium with stainless steel castors. Powder coated finish. Will hold 5 x 25 metre 110mm lanes or 4 x 25 metre 150mm lanes.

Lane Rope Storeel 1220mm	S	784296	2729.41	3002.35
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The Aluminum StoReel is a high-capacity lane line storage reel made from corrosion-resistant, powder coated aluminum. The StoReel features four stainless steel casters, making it easy to maneuver on the pool deck.

Backstroke Flags

Plastic Backstroke Flags	T	789942	60.27	66.30
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Plastic backstroke flags for competition use. Sold in 30 metre lengths.

Vinyl Backstroke Flags	U	789963	100.50	110.55
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Vinyl backstroke flags for competition use. Sold in 30 metre lengths. Printing on flags is available at extra cost, please contact World of Sport to discuss options.

Eyeline Backstroke Flags	V	789964	71.14	78.25
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17m long for 6 lane pools. High quality sun resistant materials. White flags with alternate coloured logos. New design with adjustable poly rope end attachments with ezy clips.

Printed Vinyl Backstroke Flags		789965	POA	POA
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Printing on flags is available at extra cost, please contact World of Sport to discuss options. Minimum order of 50m

Kickboards

Kickboard - 350x250mm	W	784423	10.82	11.90
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EVA foam kickboard measuring 350mm(L) x 250mm(W) x 3cm.

Eyeline EVA Foam Kickboard

Regular EVA foam kickboard.

Eyeline Kickboard - Jnr 37x27x3cm (Sky Blue)	X1	784446	19.18	21.10
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Eyeline Kickboard - Reg 37x27x4cm (Yellow)	X2	784468	21.09	23.20
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Eyeline Kickboard - Lrg 51x30x4cm (Dark Blue)	X3	784491	22.82	25.10
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Swim Meet Manager

MEET MANAGER for Swimming includes powerful and easy to use display and editing features such as drag and drop for entries and relays, scrolling browsers with in-cell editing, hundreds of reports with extensive export and customization options, an extensive Online Help, the ability to import meet entries electronically from other products as well as the web, and much more. MEET MANAGER has been used for many country's Olympic Trials, World Cups, and National Championships using FINA points as well as their own special point systems. And MEET MANAGER is being used all over the world to run all types of meets

Swim Meet Manager for Windows - Complete		784801	795.00	874.50
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Swim Meet Manager for Windows - Start Up		784802	502.00	552.20
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Swim Meet Manager Ribbons/Label Option		784803	200.00	220.00
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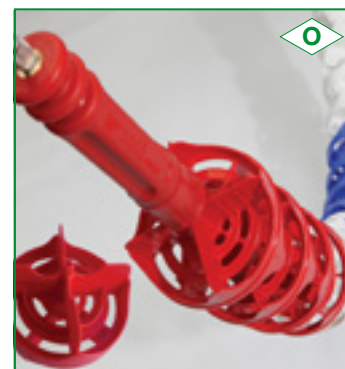
Let MEET MANAGER print an award label after each event for 1st, 2nd, etc. customized to the size label you select. Also, print labels for "Personal Best" and "Standard Achievers," as well as heat ribbons.

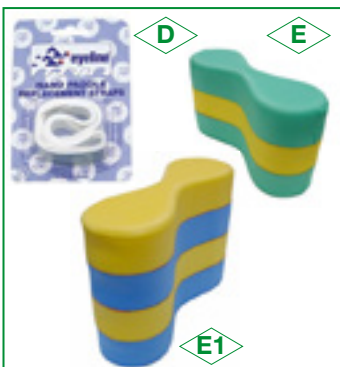
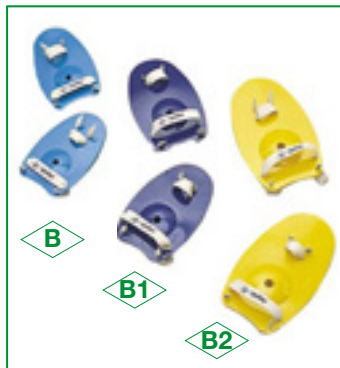
Swim Meet Manager Mailing/Registration		784804	99.00	108.90
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Enter each team's mailing address and MEET MANAGER will print a mailing label for sending results. Or print a registration label for each swimmer to stick on a meet information packet.

Swim Meet Manager Entry Cards/Labels		784805	99.00	108.90
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Optionally print labels or cards that reflect entries for your meet (seeded or unseeded) on Laser, Ink Jet, or Dot Matrix printers.





Swim Meet Manager Replacement CD

Meet Manager for swimming is the most widely used meet management software in the world. Replacement CD for registered users.

Hand Paddles

Eyeline Finger Paddles

Training aid, requiring increased power due to increased resistance offered by the paddles.

Eyeline Finger Paddles - Junior	A	785015	11.18	12.30
Eyeline Finger Paddles - Senior	A1	785029	11.18	12.30

Eyeline Hand Paddles

Training aid, requiring increased power due to increased resistance offered by the paddles.

Eyeline Hand Paddles - Small	B	785044	12.00	13.20
Eyeline Hand Paddles - Medium	B1	785059	12.00	13.20
Eyeline Hand Paddles - Large	B2	785073	12.00	13.20

Speedo Tech Hand Paddles

Designed to promote optimum hand position and improve stroke technique. Encourages the perfect cat. Flicks left or right during the stroke if hand angle is incorrect. Sizes Small, Medium or Large.

Eyeline Hand Paddle Straps	D	785088	5.73	6.30
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Replacement hand paddle straps fits all hand paddle sizes. Suitable for one pair paddles.

Pool Buoys

Pull Buoy

Traditional shape pull buoy. Small 3 layer, Large 4 layer.

Pull Buoy - Small	E	785444	10.68	11.75
Pull Buoy - Large	E1	785487	15.95	17.55

Stopwatches and Timers

WOS 103 Sports Stopwatch

Time out & Split Features, measures up to 24hrs in 1/100th second.

WOS 302 16 Memory Stopwatch

Chronograph with 1/100 second digit. Time count up to 9hr 59min 59sec. 16 Recallable split memories. Count down timer with 1/10sec resolution. Pacer for chronograph settable from 30 to 180 beats per second. Comes with protective carry pouch.

WOS 500 100 Memory Stopwatch

Triple line extra large display. 1/100sec up to 10 hours. Times 99 splits and laps with counter indication. Recall first 100 memory on splits and laps. Time of day date and year. Stroke/Frequency measurement based on 3-60. Sound touch buttons. Lithium battery. Water resistant structure. Uses battery 088576. Comes with protective carry pouch.

Seiko 100 Split Sports Stopwatch

Measurable up to 100 hours in 1/100 of a second Displays split time, lap time, lap time in progress Displays up to 999 split / lap times Store and recall of up to 100 split / lap times Memory recalled after or even during the measurement by easier button operation Two separate displays for split / total time, lap / total time, and lap / lap time in progress Time and full automatic calendar Battery life indicator 5-bar water resistant Automatic shut off function to save a battery power On / off confirmation sound for button operation

Seiko Illuminating 100 Split/Lap S'Watch

LED back light illuminates display for easy viewing in the dark Two-channel countdown timers with auto repeat function accompanied with different alarm sound tones Each channel can be set for from 10 seconds up to 99 hours 59 minutes and 59 seconds The number of times that the timers repeat their countdown cycles can be set from 1 to 100 times. Measurable up to 100 hours in 1/100 of a second Displays split time, lap time, lap time in progress Two separate displays for split / total time, lap / total time, and lap / lap time in progress Displays up to 999 split / lap times Stores and recalls up to 100 split / lap times Memory recalled after or even during the measurement by easier button operation for button operation On / off

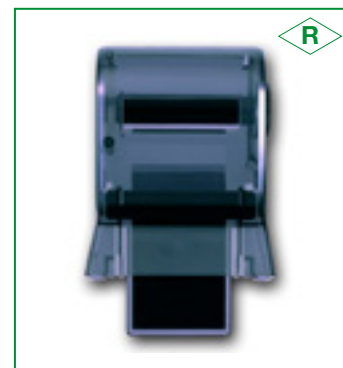
Seiko Interval Training Stopwatch

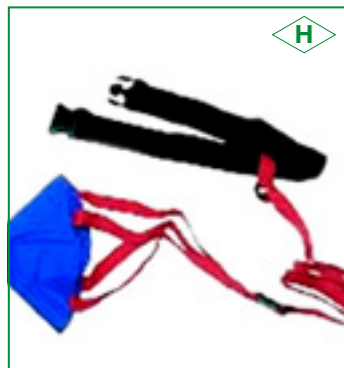
Measures up to and recalls 100 hours in 1/100 second increments. Has capacity for 999 laps and 999 splits. 100 laps/splits memory.

Seiko 10BAR Aquatic Stopwatch

Large-sized three row display panel for split/lap and total time Dual memory mode * Single memory mode --- Up to 300 split or lap times can be stored and recalled either during or after measurement. * Block memory mode --- A sequence of measurement data obtained from race start to finish is recorded as a block. Up to 100 blocks of data can be stored in memory without deleting the previous data (memory segregated by event) Measurable up to 10 hours in 1/100 of a second Measures and stores strokes per minute for events such as swimming and rowing and stores up to 9 data Memory recall during operation ID No. function useful for keeping the data of individual users Battery life indicator.

	Ref	Code	Ex. GST	Inc. GST
Digi DT 2000 Stopwatch and Printer		088528	259.09	285.00
200 memories, segregated memory, user selectable lap/split or lap/speed display, data can be printed immediately or later, data can be uploaded to computer with additional software. Includes thermal printer.				
Digi DT 2000 Stopwatch	M	088528S	67.00	73.70
200 memories, segregated memory, user selectable lap/split or lap/speed display, data can be printed immediately or later, data can be uploaded to computer with additional software.				
Digi DT 500P Printer	N	088528P	201.00	221.10
Thermal printer to suit DT 2000 stopwatch, see code 088528S.				
Digi2000SW - Software for DT2000		088527	60.32	66.35
Uploads stopwatch data to PC via USB port. Data can be transferred to MS Excel in text format for further processing. Includes DigiLink software and USB cable/adaptor.				
Digi DT810 Stopwatch with Printer	O	088529	315.00	346.50
2000 memories - Segregated memory (capability to memorize LAP times of different races) - User Selectable LAP/SPLIT or LAP/SPEED display - Average and best lap time display - Automatic release of LAP time after 10 seconds to allow progress monitoring - Data can be printed at operation or selectively by race later - Data can be uploaded to computer through upload cable with software (cable and software optional) Not suitable for Multi Lane timing - see product 088539				
Seiko S149 Printing Stopwatch	P	088538	635.45	699.00
Measures up to & recalls 10hrs in 1/100th sec. Stores up to 300 lap times and split times. Includes thermal printer for printing of saved data.				
Seiko Grip Switch	Q	088538G	116.59	128.25
Contoured gripswitch for use with Seiko S149 combo stopwatch/printers Enables remote operation of the lap/split button Also great for interfacing external switches for industrial or automated timing Includes gripswitch with 6' cable				
Seiko Large Paper Holder	R	088538H	96.77	106.45
Optional paper holder to allow use of large paper rolls with Seiko printing stopwatch.				
Digi DT800 MultiLane Timer (10 Lanes)		088539	668.14	734.95
Includes 10 x 3m cables Clock Display Built in Thermal Printer 8000 Lap Memory Auto Print Out 10 Lane Timing PC Upload Function 4 Digit Bib Number 4 Digit Place Counter 2 Digit Lap Counter Multi Start Function 3 metre cable from hub				
Digi DT800 MultiLane Pool Timer (8 Lanes)		088539P	699.45	769.40
Includes 8 x 15m cables Clock Display Built in Thermal Printer 8000 Lap Memory Auto Print Out 8 Lane Timing PC Upload Function 4 Digit Bib Number 4 Digit Place Counter 2 Digit Lap Counter Multi Start Function 15 metre cable from hub				
Digi Multi Timer Wireless (10 Lanes)	S	088539WT	1073.64	1181.00
Includes 10 wireless buttons Clock Display Built in Thermal Printer 8000 Lap Memory Auto Print Out 10 Lane Timing PC Upload Function 4 Digit Bib Number 4 Digit Place Counter 2 Digit Lap Counter Multi Start Function				
Digi Multi Timer Wireless (8 Lanes)		088539WTS	989.27	1088.20
Includes 8 wireless buttons Clock Display Built in Thermal Printer 8000 Lap Memory Auto Print Out 10 Lane Timing PC Upload Function 4 Digit Bib Number 4 Digit Place Counter 2 Digit Lap Counter Multi Start Function				
15m Digi Multi Timer Lane Button		088539LT15	13.64	15.00
Replacement lane timer lead for Digi Multi Lane Timer. See product 088539P.				
Digi Multi Timer Wireless Lane Button		088539WB	48.27	53.10
Wireless lane button for use with DT800 Multi Timer fitted with Wireless Receiver. Requires 2 AAA batteries (not supplied). Batteries available see code 083566.				
Digi Multi Timer Wireless Receiver		088539WR	96.50	106.15
Conversion kit that can be fitted to existing DT800 Multi Timers, enabling use of wireless lane buttons (see code 088539WB). Kit includes receiver and one wireless button. Features wireless control to 25 metres, user selectable lane number for individual wireless buttons and 16 different RF channels to avoid interference if other units are in use nearby. Requires 2 AAA batteries in each part (not supplied). Batteries available see code 083566.				
Thermal Paper Roll Large	T	088581	2.41	2.65
Thermal paper roll for use with Digi Multi Timer, product codes 088539 and 088539P and 088539WT.				
Seiko Stopwatch Paper	U	088582	10.64	11.70
Box of 5 rolls of thermal paper, for use with Seiko S149 Stopwatch 3.8 cm width x length 2.5 m approximately 700 lines.				
Training Aids and Pace Clocks				
Flotation and Resistance				
Aqua Aerobic Belt	V	789201	35.59	39.15
Aqua aerobic belt made from EVA foam. Aids in buoyancy during exercise sessions.				





Eyeline Aquatic Belt

Comfortable one piece foam belt with adjustable fast clip strap. Assists with buoyancy during exercise sessions.

Eyeline Aquatic Belt - X-Small (~45Kg)	789206	30.77	33.85
Eyeline Aquatic Belt - Small (46-76Kg)	789207	31.95	35.15
Eyeline Aquatic Belt - Medium (71-100Kg)	789209	33.18	36.50
Eyeline Aquatic Belt - Large (100Kg+)	A 789211	35.86	39.45
Replacement Clip for Aquatic Belt	789207C	4.82	5.30

Replacement Clip for Eyeline Aquatic Belt. One size fits all belts.

Eyeline Rehabilitation Bells

Quality EVA foam rehabilitation bells, provides high level of resistance in aqua training sessions. Sold as a pair.

Eyeline Aquatic Training Bells	C 789214	43.14	47.45
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Water Resistance Exercise Aid To Help Build Upper Body Strength, Toning And Flexibility. For Medium Resistance. Padded Grips For Comfort.

Eyeline Aquatic Ankle Cuffs

Foam training cuffs worn on the ankles during aqua rehabilitation and training sessions.

Regular Exa Cord With Hand Paddles

Modular set. Includes regular strength latex rubber tubing, hand paddles, handles, mounting loops and leg strap in nylon carry bag.

Eyeline Swim Belt Short

5cm waist belt attached to 120cm length heavy duty latex rubber tubing. Includes carry bag.

Eyeline Swim Belt Extra Long

Designed for push-off and stationary swimming in small backyard or hotel pools. X-Long swim belt 5cm waist belt with slider attached to 950cm length regular latex rubber tubing in nylon carry bag. Resistance level 5.4-14.1kgs of pull.

Eyeline Parachute 20cm Drag Belt

Provides resistance with 20cm parachute. Designed for resistance training for long swims. Parachute is compatible with flip turns.

Garmin Swim

To help you improve your stroke the Garmin Swim, amongst its many performance metrics can determine your preferred style, and by doing so calculate a score which represents your overall stroke efficiency - your 'SWOLF' score. Swim Metrics: Pace, swim distance and stroke count, measured against custom pool lengths. Improve Efficiency: 'SWOLF' score tells you how your technique measures up - just like in golf. Analyze Workouts: Automatically transfers data to your computer for review in Garmin Connect. Advanced Timers: Time sets and log drills with a few button presses. Quick Change: View settings and administer changes quickly via the six exterior buttons. Weekly distance is displayed under the time of day.

Pace Clocks

Analogue Swim/Gym Clock

Analogue wall clock with white rim. Diameter 400mm, second hand is easily visible. Water resistant rating IP55. UV Rating 5.

Eyeline Electric Pace Clock

Easy to read electric 240V pace clock. Sweeps 1 revolution per minute. Clock face 900mm x 900mm.

Replacement Pace Clock Motor - Eyeline

Replacement motor for Eyeline Electric Pace Clock product number 789915.

Speedo Pace Clock

Easy to read electric pace clock. Sweeps 1 revolution per minute. Clock face 1000mm x 1000mm. Colour of face of clock may vary.

Replacement Pace Clock Motor - Speedo

Replacement motor for Speedo Electric Pace Clock product number 789921.

Kits

World of Sport Swim Kit - Junior

Kit includes 10 Kickboards, 5 Medium Hand Paddles, 5 Small Hand Paddles, 1 Set Dive Sticks, 1 Set Dive Rings, 1 Invisible Zig Zag, 1 x 52 Ltr Stackable Crate

World of Sport Swim Kit - Senior

Kit includes. 3x Eyeline medium hand paddles, 3x Eyeline large hand paddles, 6x Eyeline B52 goggles, 6x large pull buoy, 6 kickboards, 2x Eyeline fins 7-9, 2x Eyeline fins 9-11, 2x Eyeline fins 11-13 and one mesh carry bag.

Books and Resources

Aquapack

A practical planning resource to be used as a basis for developing a unique program in water safety, survival and swimming.

Assessment Activities for Teaching Swimming O 687732SW 42.00 46.20

This book offering differentiated instruction for every participant in your class or program, based on each participants aquatic developmental level, not based on their age.

Steps To Success - Swimming P 687779 32.91 36.20

This comprehensive guide provides progressive instruction to help you master several swimming strokes and skills: backstroke, front crawl, breaststroke, butterfly, sidestroke, back crawl, trudgen, floating, diving, sculling, and underwater swimming. Step-by-step instruction and 195 illustrations break down each stroke to the basic arm and leg movements and their timing. The multiple drills in each step include a scoring system to gauge success and determine readiness to advance to the next skill.

Swimming & Lifesaving Manual Q 687787 42.23 46.45

Australias most comprehensive swimming and lifesaving manual covering all theoretical and practical aspects of water safety, personal survival, lifesaving and emergency care. Over 150 colour photographs depicting skills and techniques in an easy to use layout.

Wet Games (RLSS) R 687792 60.91 67.00

Wet Games provides teachers with a collection of games and activities that bring to participants of all ages and at all levels the chance to acquire and perfect swimming skills and to develop techniques of rescue and survival. The range is from simple games in ankle-deep water to advanced procedures that simulate difficulties any swimmer may face from time to time, the importance of safety is emphasised throughout. This book is 'splash proof' to enable the user to keep it handy by the side of the pool throughout the lesson.

Swimming Drill Book S 687793 32.91 36.20

More than 175 drills, accompanied by detailed illustrations, will help coaches and swimmers master every skill. Drills for strokes, starts, turns, and finishes, as well as for buoyancy and body balance, breathing and kicking, and sculling, are bolstered by content on poolside strength training and open-water swimming.

CPR Chart T 687734BAC01 26.82 29.50

This poster is a mandatory requirement for all backyard swimming pools and should be displayed in an area viewable from your pool. The poster contains vital information on performing resuscitation on children and infants and also contains adult resuscitation information. The poster is made from durable polypropylene and UV resistant ink to stand up to the Australian summer. Poster measures 400mm wide x 750mm long.

TABLE TENNIS

Balls

School Table Tennis Balls (x6) U 810450 1.86 2.05

Practice table tennis ball, sold in packs of six.

Summit 2 Star Table Tennis Ball (x6) V 810496 4.00 4.40

40mm 2 star quality ball in convenient box of 6.

Stiga Perform Table Tennis Ball (x3) W 810497 5.36 5.90

Competition grade 40mm 3 star ball from Stiga. In box of three for easy storage. ITTF logo.

Bucket of 72 Table Tennis Balls 810452 26.23 28.85

Kit comprises 72x 40mm practice table tennis balls sold in a 5 litre bucket with reusable lid.

Bucket of 40mm Summit Table Tennis Balls 810495B 52.00 57.20

Kit comprises 72x 40mm Summit table tennis balls in a 5 litre plastic bucket with lid.

Bats

Stiga Table Tennis Bat - Challenge X 811024 2.82 3.10

The Stiga Challenge table tennis bat is suited to the beginner and recreational players. Features include a 5 ply nordic plywood, concave handle for ultimate comfort and pimple out rubber.

Stiga Table Tennis Bat - Polaris Y 811073 7.82 8.60

The Stiga Polaris is a solid entry level bat offering pimples in the rubber for a little extra power. Control: 95 Speed: 20 Spin: 15

Stiga Table Tennis Bat - Raptor Z 811013 8.59 9.45

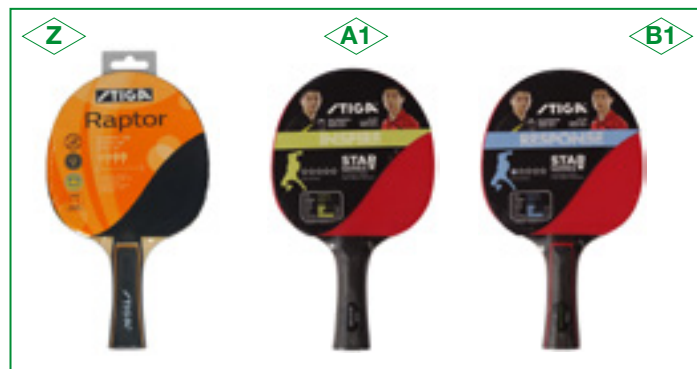
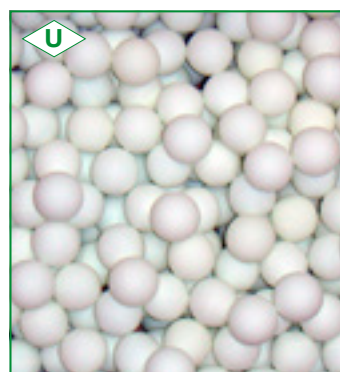
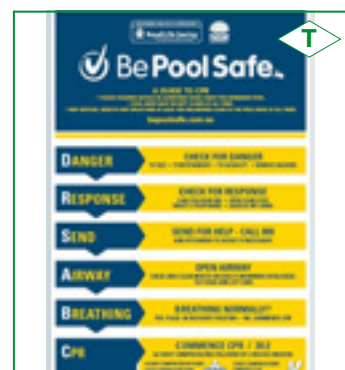
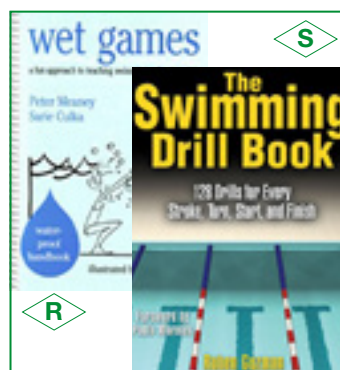
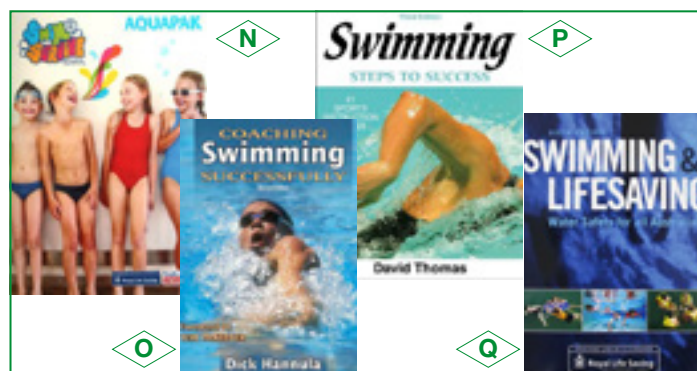
The Stiga Raptor is a good intermediate bat featuring ITTF approved rubber with 1.5mm sponge and provides an optimum balance between spin, speed and control. Control: 80 Speed: 40 Spin: 40

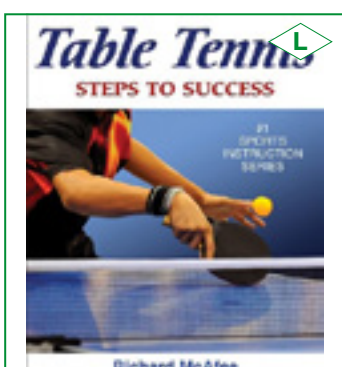
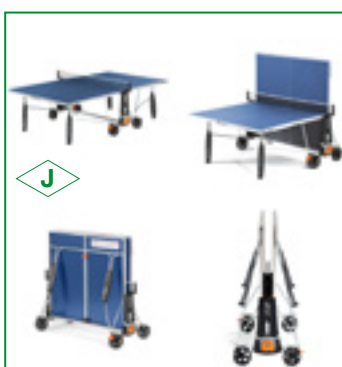
Stiga Table Tennis Bat - Inspire A1 811014 11.86 13.05

Inspire is the optimum choice for control players who want to develop their own style. Speed: 15 Spin: 10 Control: 50

Stiga Table Tennis Bat - Response B1 811015 14.73 16.20

Great choice for control players who want to develop their own style. 1 Star bat 5 Ply Blade, Concave Grip, Magic 1.7 Rubber





Stiga Flow Outdoor Table Tennis Bat

The Stiga Flow Outdoor Table Tennis Bat has been designed to be highly durable and weather resistant which makes it the perfect choice for tables that are exposed to the elements. Even though it has been made to be durable the playing characteristics of this bat are still good for the average player that is just playing a social game with friends and family.

Table Tennis Bat (Set of 6)

PVC table tennis bats featuring a rough playing surface and moulded grip handles. Each set comprises a yellow, orange, red, pink, blue and green paddle.

Nets

Stiga Compact Table Tennis Net & Posts

Net and post set with nylon mesh net. Metal net brackets slide into table clamps that adjust by screw action clamp.

Stiga Deluxe Net & Post Set

Blue, ITTF approved. Stronger and longer-lasting STIGA net. Quick install and removal with the clip system. High quality cotton net. Adjustable tension, adjustable height, strong spring.

Tournament Table Tennis Net & Posts

Tournament class net and post set. Comes with two net posts that have screw action clamps as well as tensioners for the net headline. Net is supplied with two end posts that accommodate net. Can be fully tensioned and also adjusted for height at each end. Includes net height check.

Tournament Table Tennis Net

Replacement net set for tournament net and post set, see product code 814996.

Table Tennis Net

Nylon table tennis net with top headband, post sleeves and ties. Suits 814972

Storage

Table Tennis Bat & Ball Carry Crate

Plastic carry crate divided into compartments, will hold 18 bats and 30 balls.

Tables

Summit Roller Table Tennis Table - Mesa

This 12mm MDF hardwood table comes with compact storage system for easy storage and transport. Playback mode available. Comes 90% assembled in the packaging. Net and post set not included. * Extra freight charges will apply, please contact World of Sport when ordering.

Summit Roller Table Tennis Table - Euro

16mm MDF Surface Specially Designed Structure 2 Piece Roll Away with Edging to Table Top. Compact Storage System Full Play Back Available For Indoor Use Only Stored size 152cm(H) x 165cm(L) and 53cm(W). Net and Posts not included. * Extra freight charges will apply, please contact World of Sport when ordering.

Stiga Roller Table Tennis Table - Premium

ITTF approved table, features 25mm MDF top for true bounce over total surface. Two piece rollaway with full play back. Made in Germany. Net and Posts not included * Extra freight charges will apply, please contact World of Sport when ordering.

Cornilleau Table Tennis Table - 250S

Designed for use in any weather, the 250S Crossover can be wheeled out to your playing area. Oversize double wheels with brakes handle uneven surfaces. With 5mm outdoor resin laminate top the table displays even bounce characteristics. * Extra freight charges will apply, please contact World of Sport when ordering.

Cornilleau Table Tennis Table - Pro 510

Static outdoor table model. 100% steel (aluzinc) structure with high density solid laminate 7mm table top. Able to be fixed to a slab supplied with long lasting stainless steel net. Ideal for resorts, schools and hotels. * Extra freight charges will apply, please contact World of Sport when ordering.

Cornilleau Table Tennis Table - Pro Park

Static outdoor table model. The Park table is manufactured from hardwearing materials and demonstrates a sturdiness that readily translates to any situation, from impact to bad weather to vandalism. Easily set up on concrete in any clear space. 9mm outdoor resin laminate top assists true bounce. Suitable for resorts, councils and parks. * Extra freight charges will apply, please contact World of Sport when ordering.

Books

Steps To Success - Table Tennis

With a unique 11-step approach designed to maximize table tennis instruction, you'll learn the proper grip for your style of play, execution of the basic strokes, and the correct way to apply spin to the ball. Then, build on these core techniques with masterful footwork, serves, returns, and stroke combinations. Best of all, learn how and when to apply those skills in match play. With competitive strategies adapted for both you and your opponent's playing style you'll raise your game to a new level. And with clear instruction, comprehensive coverage, detailed photo sequences, and drills to ensure mastery of every technique, you'll be playing and winning in no time.

Ref Code Ex. GST Inc. GST

TEAM IDENTIFICATION

Vests

WOS Soccer Vest

One piece over the head flap style front and back with open sides

WOS Soccer Vest - Lemon (M)	M	034902L	6.55	7.20
WOS Soccer Vest - Lemon (L)		034902L1	6.55	7.20
WOS Soccer Vest - Lemon (XL)		034902L2	6.55	7.20
WOS Soccer Vest - Orange (M)	M1	034902O	6.55	7.20
WOS Soccer Vest - Orange (L)		034902O1	6.55	7.20
WOS Soccer Vest - Orange (XL)		034902O2	6.55	7.20
WOS Soccer Vest - Red (M)	M2	034902R	6.55	7.20
WOS Soccer Vest - Red (L)		034902R1	6.55	7.20
WOS Soccer Vest - Red (XL)		034902R2	6.55	7.20
WOS Soccer Vest - Royal (M)	M3	034902RO	6.55	7.20
WOS Soccer Vest - Royal (L)		034902RO1	6.55	7.20
WOS Soccer Vest - Royal (XL)		034902RO2	6.55	7.20

Bibs

Reversible Bibs Junior

Two colour reversible bib made from lightweight mesh. Approximate size 47cm x 59cm.

Reversible Bib Junior - Red/Blue	N	033997JRB	9.91	10.90
Reversible Bib Junior - Sky/Pink	N1	033997JSP	9.91	10.90
Reversible Bib Junior - Green/Yellow	N2	033997JYG	9.91	10.90

Reversible Bibs Senior

Two colour reversible bib made from lightweight mesh. Approximate size 52cm x 65cm.

Reversible Bib Senior - Red/Blue		033997RB	9.91	10.90
Reversible Bib Senior - Sky/Pink		033997SP	9.91	10.90
Reversible Bib Senior - Green/Yellow		033997YG	9.91	10.90

Mock Mesh Bib Junior

Traditionally shaped bib of polyester mesh with strong elastic at sides. Polyester resists shrinking and fading. Excellent for use in identification in impromptu team sports. Bib size 42cm (L) x 31cm (W) approximately.

WOS Mock Mesh Bib Junior - Black	0	034905B	4.27	4.70
WOS Mock Mesh Bib Junior - Bottle Green	01	034905BO	4.27	4.70
WOS Mock Mesh Bib Junior - Emerald Green	02	034905E	4.27	4.70
WOS Mock Mesh Bib Junior - Gold	03	034905G	4.27	4.70
WOS Mock Mesh Bib Junior - Grey	04	034905GR	4.27	4.70
WOS Mock Mesh Bib Junior - Maroon	05	034905M	4.27	4.70
WOS Mock Mesh Bib Junior - Navy Blue	06	034905N	4.27	4.70
WOS Mock Mesh Bib Junior - Orange		034905O	4.27	4.70
WOS Mock Mesh Bib Junior - Pink		034905P	4.27	4.70
WOS Mock Mesh Bib Junior - Purple		034905PU	4.27	4.70
WOS Mock Mesh Bib Junior - Red	07	034905R	4.27	4.70
WOS Mock Mesh Bib Junior - Royal Blue	08	034905RO	4.27	4.70
WOS Mock Mesh Bib Junior - Sky Blue	09	034905S	4.27	4.70
WOS Mock Mesh Bib Junior - White	010	034905W	4.27	4.70

Mock Mesh Bib

Traditionally shaped bib of polyester mesh with strong elastic at sides. Polyester resists shrinking and fading. Excellent for use in identification in impromptu team sports. Bib size 47cm (L) x 38cm (W) approximately.

WOS Mock Mesh Bib - Black	034906B	4.36	4.80
WOS Mock Mesh Bib - Bottle Green	034906BO	4.36	4.80
WOS Mock Mesh Bib - Emerald Green	034906E	4.36	4.80
WOS Mock Mesh Bib - Gold	034906G	4.36	4.80
WOS Mock Mesh Bib - Grey	034906GR	4.36	4.80
WOS Mock Mesh Bib - Maroon	034906M	4.36	4.80
WOS Mock Mesh Bib - Navy Blue	034906N	4.36	4.80
WOS Mock Mesh Bib - Orange	034906O	4.36	4.80
WOS Mock Mesh Bib - Pink	034906P	4.36	4.80
WOS Mock Mesh Bib - Purple	034906PU	4.36	4.80
WOS Mock Mesh Bib - Red	034906R	4.36	4.80
WOS Mock Mesh Bib - Royal Blue	034906RO	4.36	4.80
WOS Mock Mesh Bib - Sky Blue	034906S	4.36	4.80
WOS Mock Mesh Bib - White	034906W	4.36	4.80



STIGA®



STIGA

Roller Table Tennis Table - Premium

ITF approved table, features 25mm MDF top for true bounce over total surface. Two piece rollaway with full play back. Made in Germany. Net and Posts not included * Extra freight charges will apply, please contact World of Sport when ordering.



STIGA Challenge

The Stiga Challenge table tennis bat is suited to the beginner and recreational players. Features include a 5 ply nordic plywood, concave handle for ultimate comfort and pimple out rubber.



STIGA Polaris

The Stiga Polaris is a solid entry level bat offering pimples in the rubber for a little extra power. Control: 95 Speed: 20 Spin: 15



STIGA Raptor

The Stiga Raptor is a good intermediate bat featuring ITTF approved rubber with 1.5mm sponge and provides an optimum balance between spin, speed and control. Control: 80 Speed: 40 Spin: 40



STIGA Inspire

Inspire is the optimum choice for control players who want to develop their own style. Speed: 15 Spin: 10 Control: 80



STIGA Response

Great choice for control players who want to develop their own style. 1 Star bat 5 Ply Blade, Concave Grip, Magic 1.7 Rubber



STIGA Flow

The Stiga Flow Outdoor Table Tennis Bat has been designed to be highly durable and weather resistant which makes it the perfect choice for tables that are exposed to the elements. Even though it has been made to be durable the playing characteristics of this bat are still good for the average player that is just playing a social game with friends and family.

Protective Padding to Project Your Image



See our complete range of padding at www.wos.com.au or see individual sports throughout the catalogue.

Special Make Up Protective Pads

Add that special touch to your protective and training equipment. It is as easy as providing artwork in .ai, .pdf or .eps formats. Choose your vinyl colour to suit and add your logo or text.

Vinyl available in Black, Green, Pink, Purple, Red, Royal Blue, Sky Blue, White and Yellow.



Mock Mesh Bib XLarge

Traditionally shaped bib of polyester mesh with strong elastic at sides. Polyester resists shrinking and fading. Excellent for use in identification in impromptu team sports. Bib size 60cm (L) x 37cm (W) approximately.

WOS Mock Mesh Bib XLarge - Black	034906B	4.82	5.30
WOS Mock Mesh Bib XLarge - Bottle Green	034906B0	4.82	5.30
WOS Mock Mesh Bib XLarge - Emerald Green	034906E	4.82	5.30
WOS Mock Mesh Bib XLarge - Gold	034906G	4.82	5.30
WOS Mock Mesh Bib XLarge - Grey	034906GR	4.82	5.30
WOS Mock Mesh Bib XLarge - Maroon	034906M	4.82	5.30
WOS Mock Mesh Bib XLarge - Navy	034906N	4.82	5.30
WOS Mock Mesh Bib XLarge - Red	034906R	4.82	5.30
WOS Mock Mesh Bib XLarge - Royal Blue	034906R0	4.82	5.30
WOS Mock Mesh Bib XLarge - Sky Blue	034906S	4.82	5.30
WOS Mock Mesh Bib XLarge - White	034906W	4.82	5.30

Webbing Sports Sashes

Webbing Sport Sash

A

Webbing sash approximately 125cm long with touch tape closure to allow adjustment.

Webbing Sport Sash - Blue	034989	2.00	2.20
Webbing Sport Sash - Gold	034991	2.00	2.20
Webbing Sport Sash - Green	034993	2.00	2.20
Webbing Sport Sash - Red	034995	2.00	2.20
Webbing Sport Sash - Orange	034996	2.00	2.20
Webbing Sport Sash - Pink	034997	2.00	2.20
Webbing Sport Sash - Purple	034998	2.00	2.20

Sash Holder

B

Plastic coated wire sash holder with spring tension closure. Suitable for storing nylon sashes and webbing sashes easily.

Singlets

Training Singlet 3/4 - Small

3/4 length training vest manufactured from mock mesh. Measures 37cm half chest and 42cm from shoulder to hem.

Training Singlet 3/4 Small - Emerald	C	033971E	5.36	5.90
Training Singlet 3/4 Small - Gold	C1	033971G	5.36	5.90
Training Singlet 3/4 Small - Grey	C2	033971GR	5.36	5.90
Training Singlet 3/4 Small - Maroon	C3	033971M	5.36	5.90
Training Singlet 3/4 Small - Navy	C4	033971N	5.36	5.90
Training Singlet 3/4 Small - Red	C5	033971R	5.36	5.90
Training Singlet 3/4 Small - Royal	C6	033971R0	5.36	5.90
Training Singlet 3/4 Small - Sky	C7	033971S	5.36	5.90

Training Singlet 3/4 - Medium

3/4 length training vest manufactured from mock mesh. Measures 47cm half chest and 56cm from shoulder to hem.

Training Singlet 3/4 Medium - Emerald	033972E	5.36	5.90
Training Singlet 3/4 Medium - Gold	033972G	5.36	5.90
Training Singlet 3/4 Medium - Grey	033972GR	5.36	5.90
Training Singlet 3/4 Medium - Maroon	033972M	5.36	5.90
Training Singlet 3/4 Medium - Navy	033972N	5.36	5.90
Training Singlet 3/4 Medium - Red	033972R	5.36	5.90
Training Singlet 3/4 Medium - Royal	033972R0	5.36	5.90
Training Singlet 3/4 Medium - Sky	033972S	5.36	5.90

Training Singlet 3/4 - Large

3/4 length training vest manufactured from mock mesh. Measures 57cm half chest and 63cm from shoulder to hem.

Training Singlet 3/4 Large - Emerald	033973E	6.27	6.90
Training Singlet 3/4 Large - Gold	033973G	6.27	6.90
Training Singlet 3/4 Large - Grey	033973GR	6.27	6.90
Training Singlet 3/4 Large - Maroon	033973M	6.27	6.90
Training Singlet 3/4 Large - Navy	033973N	6.27	6.90
Training Singlet 3/4 Large - Red	033973R	6.27	6.90
Training Singlet 3/4 Large - Royal	033973R0	6.27	6.90
Training Singlet 3/4 Large - Sky	033973S	6.27	6.90

Training Singlet 3/4 - XLarge

3/4 length training vest manufactured from mock mesh. Measures 64cm half chest and 70cm from shoulder to hem.

Training Singlet 3/4 XLarge - Emerald	033974E	7.18	7.90
Training Singlet 3/4 XLarge - Gold	033974G	7.18	7.90

Singlets Colour Range Small / Medium / Large / XLarge



	Ref	Code	Ex. GST	Inc. GST
Training Singlet 3/4 XLarge - Grey		033974GR	7.18	7.90
Training Singlet 3/4 XLarge - Maroon		033974M	7.18	7.90
Training Singlet 3/4 XLarge - Navy		033974N	7.18	7.90
Training Singlet 3/4 XLarge - Red		033974R	7.18	7.90
Training Singlet 3/4 XLarge - Royal		033974RO	7.18	7.90
Training Singlet 3/4 XLarge - Sky		033974S	7.18	7.90

Wrist Bands

Silicone Wrist Band

D

Silicone wrist band suitable for age group, house group or year group identification at cross country, athletics and swimming carnivals.

Silicone Wrist Band - Blue	034900B	1.05	1.15
Silicone Wrist Band - Bottle Green	034900G	1.05	1.15
Silicone Wrist Band - Maroon	034900M	1.05	1.15
Silicone Wrist Band - Orange	034900O	1.05	1.15
Silicone Wrist Band - Pink	034900P	1.05	1.15
Silicone Wrist Band - Purple	034900PU	1.05	1.15
Silicone Wrist Band - Red	034900R	1.05	1.15
Silicone Wrist Band - Sky	034900S	1.05	1.15
Silicone Wrist Band - White	034900W	1.05	1.15
Silicone Wrist Band - Yellow	034900Y	1.05	1.15

TENNIS

Playground Tennis Balls

Jumbo Tennis Ball 9.5"	E	600452	5.18	5.70
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Felt covered inflatable Jumbo size tennis ball, diameter is similar to a basketball.

Apollo Play Tennis Ball

F

Coloured tennis ball suitable for playground use and in hand eye coordination exercises. Not intended for use as a tennis ball.

Apollo Play Tennis Ball - Blue	830433B	1.05	1.15
Apollo Play Tennis Ball - Green	830433G	1.05	1.15
Apollo Play Tennis Ball - Orange	830433O	1.05	1.15
Apollo Play Tennis Ball - Pink	830433P	1.05	1.15
Apollo Play Tennis Ball - Purple	830433PU	1.05	1.15
Apollo Play Tennis Ball - Red	830433R	1.05	1.15
Apollo Play Tennis Ball - Yellow	830433Y	1.05	1.15

Bucket of 72 Coloured Play Tennis Balls

72 coloured balls supplied with a 20 litre bucket for ease of carrying and storage. These balls are not intended for use as a tennis ball.

Bucket of 72 Play Tennis Balls - Blue	830434B	80.00	88.00
Bucket of 72 Play Tennis Balls - Orange	830434O	80.00	88.00
Bucket of 72 Play Tennis Balls - Pink	830434P	80.00	88.00
Bucket of 72 Play Tennis Balls - Purple	830434PU	80.00	88.00
Bucket of 72 Play Tennis Balls - Red	830434R	80.00	88.00
Bucket of 72 Play Tennis Balls - Yellow	830434Y	80.00	88.00

Bucket of 72 Play Tennis Balls - Mix Colour

830434	80.00	88.00
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72 coloured balls supplied with a 20 litre bucket and lid for ease of carrying and storage. Colours are 12 each of blue, orange, pink, purple, red and yellow. These balls are not intended for use as tennis balls.

Balls Coaching

HEAD Team Coaching Tennis Ball

G

830455	1.36	1.50
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Suitable for all court surfaces, all-around performance and durability. Constant quality seams.

Bucket of 72 HEAD Coaching Tennis Balls

H

830451	108.68	119.55
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72 coaching balls supplied with a 20 litre bucket and lid for ease of carrying and storage.

Bucket of 72 Tretorn Micro X Tennis Ball

830452	199.95	219.95
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The original high performance micro cell ball with TRI-TEC technology and an exclusive Flex-Felt for maximum durability and consistent performance on all court surfaces. Well suited also For playing in colder climate conditions and at high altitudes. Will last up to 5 times longer than a regular pressure tennis ball.

Mini 25% Compression Tennis Ball (x3)

I

8304551	7.55	8.30
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Red 25% compression tennis ball used for training and modified games. Diameter is 72mm, slightly larger than a normal tennis ball. Sold in a quantity of 3.

Mini 50% Compression Tennis Ball (x3)

J

830456	7.55	8.30
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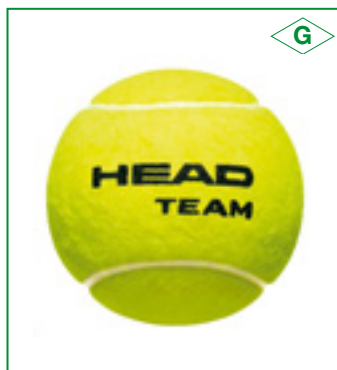
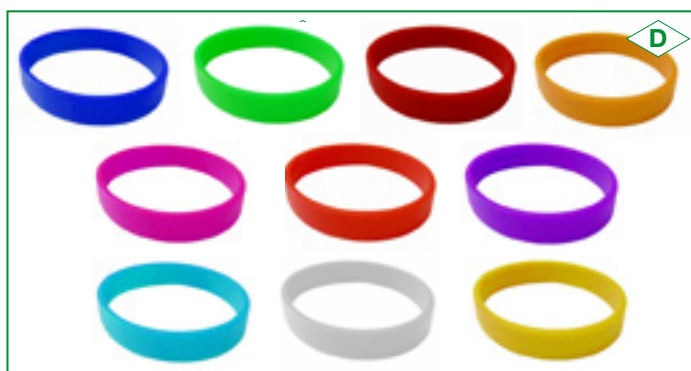
Orange 50% compression tennis ball used for training and modified games. Sold in a quantity of 3.

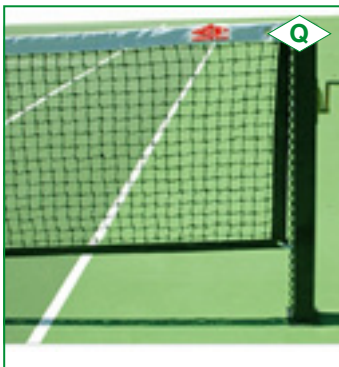
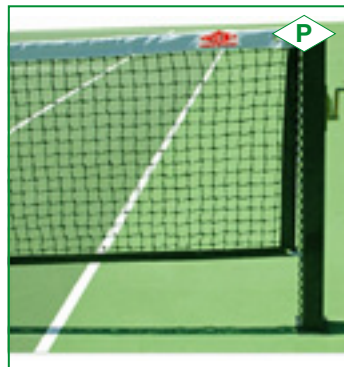
Mini 75% Compression Tennis Ball (x3)

K

830457	7.55	8.30
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Green 75% compression tennis ball used for training and modified games. Sold in a quantity of 3.





Wilson Tennis Ball Pack (Bag of 18)

18 balls in a bag, perfect for coaching or class use.

Balls Match

Slazenger Tournament Tennis Ball (x4)
The Slazenger Tournament Ball has been developed to offer durability and consistency for both recreational and competitive players. This ball is suitable for all court surfaces. Sold in a tube of 4 balls.

Slazenger Open Tennis Balls (x4)
The Slazenger Open Tennis Balls are perfect for play at all levels and on all court surfaces. These Slazenger Tennis Balls feature a Tour Core for consistent performance and a woven felt covering for extra durability.

HEAD Championship Tennis Balls (x3)
Top all-around performance and durability. Pressurized championship ball suitable for all court surfaces. Premium high-density felt.

HEAD Championship Tennis Balls (x4)
Top all-around performance and durability. Pressurized championship ball suitable for all court surfaces. Premium high-density felt.

Head ATP Tennis Balls (x4)
This ball is ready for the spotlight: Tested with several ATP players, the HEAD ATP ball went through rigorous testing to ensure that it provides the perfect mix of spin and control. Thanks to Encore Technology the official ball of the ATP is also more durable than ever before while SmartOptik Technology ensures an improved visibility at all times and on every surface. Coming in a brand new packaging, the HEAD ATP ball is the perfect ball for the worlds biggest courts, perfectly capable of withstanding the worlds hardest serves, forehands and backhands. Sold in a can of 4 balls.

Wilson Australian Open Tennis Ball (x4)
The Official Ball of the first Grand Slam of the year "down under". ITF approved for competitive play, increased durability and consistency, optivis felt for better visibility on all-court surfaces.

Slazenger C'ship H/G UV Tennis Ball (x4)
Slazenger Signature Series Hardcourt Tennis ball has been developed specifically for Australian conditions, with Ultrawear felt for increased ball wear on hardcourt surfaces. Approved by Tennis Australia and the International Tennis Federation. Sold in a can of four balls.

Slazenger The Wimbledon Tennis Ball (x4)
Slazenger Signature Series Multicourt Tennis ball has been developed specifically for Australian conditions, with Ultrawear felt for increased ball wear on all surfaces. Approved by Tennis Australia and the International Tennis Federation. Sold in a can of four balls.

Grips

12mtr Towelling Grip
Adhesive towelling grip in a convenient 12 metre roll. Use for grip replacement on racquets. Colour may vary.

Hi Soft Adhesive Grip Roll
Synthetic super absorbent, long lasting non slip grip with adhesive backing. One roll (103cm) per racquet.

Hi Soft Overgrip (3 in 1)
Pack of 3 synthetic grips suitable for overgripping racquets. Sufficient for three grips.

HEAD Dual Absorbing Replacement Grip
The DUAL ABSORBING replacement grip is a great choice for club players looking for high sweat absorption and a tacky surface for the ultimate grip.

13mtr Hi Soft Adhesive Grip
Synthetic adhesive backed racquet grip. Roll of 13 metres which can be cut to measure as required. Colour may vary.

Nets

School Tennis Net
Economy tennis net 12500mm with 600mm drop. 14000mm adjustable cable, made from 2mm twisted twine with PVC headband. Suitable for crank action net winder.

Tournament Tennis Net
Tennis net 12500mm with 760mm drop. 14000mm adjustable cable, 2.5mm twisted twine net with PVC headband. Suitable for crank action net winder.

Championship Tennis Net
Championship grade net 12500mm in length with 760mm drop. 14000mm adjustable cable, 3mm black braided polyethylene net with PVC headband. Suitable for crank action net winder.

Ref	Code	Ex. GST	Inc. GST
A	830460	27.45	30.20

B	830464	7.64	8.40
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C	830467	8.73	9.60
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D	830470	5.50	6.05
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E	830471	7.36	8.10
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F	830473	9.59	10.55
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G	830475	9.68	10.65
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H	830483	12.05	13.25
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I	830484	12.05	13.25
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J	833424	34.82	38.30
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K	833428	5.23	5.75
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L	833473	6.95	7.65
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M	833480	6.36	7.00
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N	833497	36.18	39.80
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O	834924	116.59	128.25
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P	834948	160.82	176.90
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Q	834972	187.59	206.35
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Ref	Code	Ex. GST	Inc. GST
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International Tennis Net Full Drop

834973	229.14	252.05
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International grade tennis net 12800mm in length with 1070mm full drop. Made from 3mm black braided polyethylene with double layered headband. Extra heavy duty stitching on all bands. Flexible side bars.

Premium Tennis Net Double Mesh

834973D	229.14	252.05
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Premium tennis net designed for use with travelling crank style winder. Top cable is 4mm stainless steel with PVC coating, 14 metres in length. Net length is 13.4 metres made from 3mm braid with 760mm drop. White webbing head band with first six rows of netting double mesh. PVC side and bottom bands.

Net Accessories**Net Hanger**

R	834920	4.00	4.40
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Plastic net holder with hanger for easy storage of games nets including badminton, tennis and volleyball.

Tennis Net Check

834992	4.41	4.85
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Measure used to check the height of tennis nets.

Tennis Net Centre Strap

S	834996	19.55	21.50
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Synthetic net strap used at centre of tennis net to help maintain net at court height.

Tennis Centre Strap Tie Down Bolt

BL	23.00	25.30
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Eye bolt and loxon used as a centre strap tie down point. Requires installation.

Net Systems Portable**Wilson Mini Tennis Net System - 3m**

T	834974	115.59	127.15
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Easy to set up and take down, the Wilson Starter EZ Net 10' is a great tool to help beginners and junior players develop on-court skills. This versatile net can also be used for depth drills. Includes a carrying case with drawstring closure for easy portability.

Wilson Mini Tennis Net System - 6m

834975	181.82	200.00
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Easy to set up and take down, the Wilson Starter EZ Net 18' is a great tool to help beginners and junior players develop on-court skills. This versatile net can also be used for depth drills. Includes a carrying case with drawstring closure for easy portability.

World of Sport Patter Tennis Kit

U	839999	134.09	147.50
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Kit includes 2 Plastic Bases, 2 Aluminium Poles, One 3m Net, 4 Play Bats 4 Half Court Tennis Balls, 1 Ball Carry Bag.

Mobile Tennis System

V	TNPMOB	2509.00	2759.90
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Totally transportable tennis net and post system. Consists of five lockable, non-marking rubber wheels, bolted to the underside of the frame. Can be wheeled away when not in use. Supplied with an international 760mm drop net, centre strap and wheels. For indoor or outdoor use.

Tennis Posts - Mobile Free Standing

A16-239	1360.00	1496.00
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Where sockets or floorplates cannot be installed this system with castors is wheeled into place. Posts and base 50x50mm sq. steel sections slot together for easy dismantling for storage. Tensioner A16-570. Net A16-87 ordered separately.

Posts**Tennis Posts & Sleeves**

W	835524	268.00	294.80
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Galvanised steel tennis posts and sleeves. Posts are made from 90mm steel tube with tops capped. Sleeves for setting into court are made from 102mm steel tube. Sold as a pair, does not include net winder see product code 835571.

Tennis Post Sleeves

835524PS	85.77	94.35
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Tennis post sleeves to suit 90mm tennis posts product code 835524S. Galvanised 100mm steel tube, Each sleeve 890mm in length. Sold as a pair.

Tennis Posts

835524S	219.77	241.75
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Replacement tennis posts made from 90mm galvanised steel. Suits tennis post sleeves product code 835524PS. Sold as a pair, tennis net winder product code 835571 not included.

Standard Tennis Net Winder

X	835548	73.73	81.10
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Standard tennis net winder, made from zinc plated steel. One piece mechanism for tensioning tennis net at post. Does not include fittings for net connection at other post.

Heavy Duty Tennis Net Winder

Y	835571	119.27	131.20
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Multi piece crank style net winder for tensioning tennis nets. Includes tennis net winder nut.

Tennis Net Post Hook

Z	835596	5.00	5.50
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Hook for non winder post on tennis court. Zinc plated approximately 152mm long. Includes washers and nuts.

Tennis Posts With Linear Tensioner

A1	A16-238	375.00	412.50
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Pipe 50NB with tensioner A16-570 one side and hook other side. Fits sockets A6-9, 11, 13, 30 and 50. Hot dip galvanised finish is optional.

Tennis Posts, Linear Tensioner

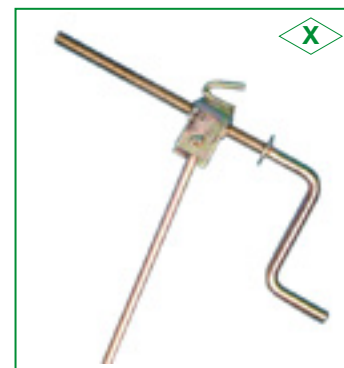
B1	A16-89	631.00	694.10
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Used where sockets cannot be installed. T-shaped base locates in keyhole floor plate A6-15. Tensioner A16-570. Rubber feet X6-13 protect floor.

100mm PVC Rnd Sleeves to suit Sq Post

C1	CFSR100	33.00	36.30
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100mm round PVC sleeves, 500mm long to suit 75mm square posts.





Round sleeve to suit 90mm OD posts

Galvanised rnd sleeve to suit 90mm OD rnd posts. Pair.

75mm Gal Round Sleeves (Suit 60mm)

75mm rnd galvanised sleeves. Pair.

Gal. Round Sleeves Suit 75mm Round Post

Galvanised 90mm round sleeve to suit 76mm round posts. Each.

70mm Gal Sq Sleeves (suit 65mm Sq Posts)

70mm square galvanised sleeves, 500mm long to suit 65mm square posts.

80mm Gal Square Sleeves

80mm gal square sleeves.

Outdoor Sleeves With Hinged Caps (pr)

Same as CFSS80 but comes with a hinged cap to keep leaves and other debris out of holes. Can also be supplied with a slot in the cap so that games posts can be locked to the cap. Sold as a pair

Grand Slam Square Tennis Posts

Made from heavy-duty 75mm square 2.5mm wall galvanised steel powder-coated. Posts have holes drilled to suit budget winder assembly included, see product NWB and single loop net cord tie points. Ideal for clubs, schools and for private courts. Suits Sleeves CFSS80 or CFSR100.

Deluxe Tennis Posts

Across top tennis posts, powdercoated, with s/steel fittings, black crinkle net tie points. Complete with PVC sleeves.

Deluxe Tennis Posts (Stainless Fittings)

Grand Slam across top tennis posts, powdercoated, with s/steel fittings, black crinkle net tie points. Complete with PVC sleeves.

Sports Star Tennis Postswith roller cap

Similar features to TNPCSAT but all exterior fittings are powder-coated with crinkle net tie system. A popular model with court builders, clubs, schools, and for private courts. Suits sleeves CFSS80 or CFSR100. Available in black, white or green.

Protective Padding

WOS Tennis Post Pad - Flat

All models feature heavy duty PVC covers and premium quality high density foam cores for maximum protection and safety. All flat pads have foam fully enclosed in PVC covers with touch tape straps. Measure 1100mm(H) x 360mm(W) with foam 25mm thick. Suitable for posts without winders. Pads sold per post pad.

WOS Flat Tennis Post & Winder Pad - Flat

All models feature heavy duty PVC covers and premium quality high density foam cores for maximum protection and safety. All flat pads have foam fully enclosed in PVC covers with touch tape straps. Measures 1100mm(H) x 1000mm(W) with foam 25mm thick. Suits tennis posts with winders fitted. Pads sold per post pad.

Racquets and String

Head Novak Junior 25" Tennis Racquet

Aluminium power beam tennis racquet. Grip size L1. Suitable for class lesson use. Sizing guideline for ages 8-11 years.

Head Novak Junior 23" Tennis Racquet

Aluminium power beam tennis racquet. Grip size L1. Suitable for class lesson use. Sizing guideline for ages 6-8 years.

Head Novak Junior 21" Tennis Racquet

Aluminium power beam tennis racquet. Grip size L1. Suitable for class lesson use. Sizing guideline for ages 4-6 years.

Head MX Cyber Graphite Tennis Racquet

Titanium composite racquet from Head, the MX Cyber Elite is a good choice for the beginner looking for an affordable frame. The 275gram weight (unstrung) and 100 square inch head size make this a forgiving and comfortable frame.

Head Ti Tornado Tennis Racquet

Extreme Grid provides better stability on off center hits, a larger sweet spot and added feel. Super Oversized Head for maximum sweet spot and extra power. Contour Cushion for maximum comfort and the perfect grip. O-Beam construction.

Head Ti Radical Elite Racquet

Graphite composite construction paired with Extreme Grid Technology gives you greater stability and strength with a larger sweetspot caused by the textured material in the heart of the racquet. 110 square inch head size for a nice sweet spot and comfort.

200mtr Tennis String

Roll of nylon tennis string.

Books

Tennis Score Book

Tennis scorebook with 28 pages. Each page has provision for 9 sets.

Ref	Code	Ex. GST	Inc. GST
	CFSR101	107.00	117.70
	CFSR75	114.00	125.40
	CFSR90	117.00	128.70
	CFSS70	80.00	88.00
A	CFSS80	80.00	88.00
	CFSS80-HC1	153.00	168.30
	TNPB	348.00	382.80
B	TNPCSAT	838.00	921.80
	TNPCSAT-SS	838.00	921.80
C	TNPSSAT	838.00	921.80
D	835648	84.86	93.35
	835696	132.73	146.00
E	837119	24.14	26.55
F	837130	24.14	26.55
G	837150	24.14	26.55
H	837175	40.45	44.50
I	837180	26.73	29.40
J	837181	33.50	36.85
K	837194	53.59	58.95
L	837798	6.05	6.65

Steps To Success - Tennis

117 drills and 128 illustrations help develop your game. Each drill comes with instructions that explain how to improve your practice and play including suggestions for either increasing or decreasing the difficulty of the drill according to your ability level.

Tennis Anatomy N 687795 36.55 40.20

This will bring your game to life with over 194 full-color anatomical illustrations depicting strokes and movements, strengthening exercises, and injury-prevention exercises. The 72 step-by-step exercises are arranged anatomically with explanations of how each affects performance.

Tennis Drill Book O 6877951 29.27 32.20

This extensive manual features 245 drills that can be integrated into practice sessions to improve performance in every area of the game. Mental Training drills to help players stay focused during pressure situations. Warm-up, cool down, and conditioning drills designed to increase speed, agility, and endurance. Game based drills to help simulate match play for singles and doubles.

Tennis Kits and Accessories**Kits**

World of Sport Mini Tennis Kit P 839991 148.18 163.00

Kit is aimed at lower primary school players for introduction to tennis skills. Contains 15 blue play tennis bats, 15 yellow play tennis bats, 15 half court tennis balls and a 61cm barrel bag for easy carrying and storage.

World of Sport Junior Tennis Kit Q 839992J 168.18 185.00

Kit includes 6 x Head Agassi 25" tennis racquets, 30 x coaching tennis balls and a six racquet bag.

World of Sport Senior Tennis Kit R 839992S 224.82 247.30

Kit includes 6 x Head Ti 1000 tennis racquets, 30 x coaching tennis balls and a six racquet bag.

World of Sport Junior Coach's Tennis Kit S 839999J 216.23 237.85

Kit includes 6 Head tennis racquets, bucket of 72 coaching tennis balls, 1 tennis ball pickup tube and a Head ATP 6 racquet carry bag.

Accessories

Scoreboard - Portable Tennis 3 sets T 689908 63.59 69.95

Lightweight portable tennis scoreboard capable of scoring three sets. Double sided viewing with scores on both sides changing at same time. 70mm black digits on white background for easy viewing. Easily attached to fences or umpire chair. Not recommended for permanent external installation.

Court Squeegee U 839931 161.77 177.95

Sturdy squeegee with wheels. Rubber blade is replaceable. Quick efficient way to remove excess water from all court surfaces. Can also be used to collect tennis balls after training sessions. Some initial assembly required.

Squeegee Rubber 839932 25.32 27.85

Replacement rubber for tennis court squeegee see product code 839931.

Aussie Clean Sweep 839933 409.09 450.00

No more frustrating raking, sweeping, vacuuming or blowing. There is no motor, no noise, its simple, inexpensive and cant break down. Your court will look great and by keeping it clean your maintenance costs will be greatly reduced. It is quick and easy to use, will save you hours and has a gentle grooming action that is beneficial to the court surface. Court can be groomed within 10 minutes due to 2400mm wide blades. Three year warranty.

HEAD Core Combi 6 Tennis Racquet Bag V 839921 43.55 47.90

Six racquet bag with two racquet compartments. Comes with separate zippered key pocket. Carry handles and shoulder strap.

Tennis Ball Pick Up Tube W 839997 28.77 31.65

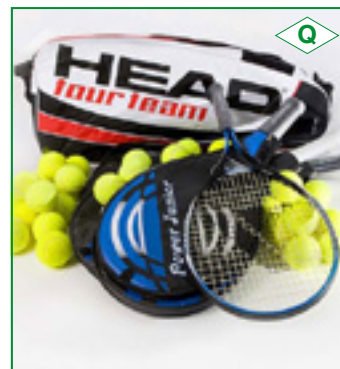
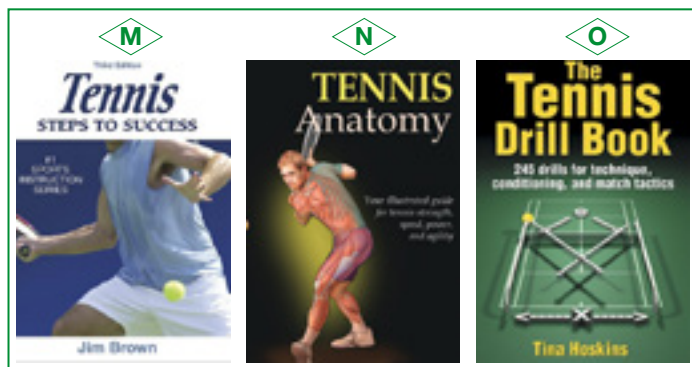
An easier way to collect balls at coaching lessons, simply place the tube over the ball and push, ball is contained in tube. Tube is Australian made and can carry up to 20 balls with rubber strap at top to stop balls falling out.

Two Basket Tennis Coaching Trolley X 839942 174.18 191.60

Australian made two tier trolley with heavy duty wheels. Includes two baskets suitable for coaching balls.

Tennis Fence Wind Barrier 839994 26.82 29.50

Heavy Duty 70% Premium shade cloth mesh material. Sold by the Lineal metre with height of 2m. Heavy Duty PVC banding sewn around all sides. Eyelets every 0.7m with Heavy Springs to attach to fencing. Order in Length Required.





A



B



C



D



E



F



G



H



Stringing Machines

Klip iStringer Powerdrive String Machine A 8399981 2271.82 2499.00
10 point frame mounting system - New Dimension Electronics - 9 Programable memories - 10% Knot pull function - 10% & 20% Prestretch functions - Tension adjustment in increments of 0.1lbs - 360 degree dual action diamond coated quick lock string clamps - Led tension display in kgs & lbs - New turntable locking mechanism - Tools included. Optional floor stand available.

Ball Machines

Lobster Elite One Ball Machine B 839996 2271.82 2499.00
Designed for maximum durability, the battery-operated Elite One offers an unparalleled 4-8 hours court time. It's ergonomic design allows for easy transport with a full hopper. The Elite's 130 kph ground strokes, full corner to corner random oscillation, sky-high lobs and heavy spin will take your game to new levels. Challenge your forehand and backhand with random horizontal oscillation. Speed: 20km - 130km. Ball capacity: 150. Feed rate: 2-12 sec. Power: Battery. Court time: 4-8 Hours. Elevation: Electronic 0-50. Weight: 18kg. Spin: Top & Back. Remote: Optional. Fast charger: No. Premium fast charger: Optional. Warranty: 3 Yrs - unlimited.

Lobster Elite Two Ball Machine 8399961 2635.45 2899.00
The Elite Two is in a class of its own with triple oscillation. Experience match play with the only machine to combine both vertical and horizontal oscillation functions to throw balls throughout the entire court. Imagine a machine that will challenge all of your strokes while strengthening your footwork and overall fitness. Speed: 20km - 130km. Ball capacity: 150. Feed rate: 2-12 sec. Power: Battery. Court time: 4-8 Hours. Elevation: Electronic 0-50. Weight: 18kg. Spin: Top & Back. Remote: Optional. Fast charger: No. Premium fast charger: Optional. Warranty: 3 Yrs - unlimited.

Umpire Stands

Single Umpire's Stand C 839993 678.05 745.85
Single umpires stand made from galvanised steel. Painted finish. Please specify Indoor or Outdoor when ordering.

Tennis Umpire Stand D A16-237 989.00 1087.90
Hot dip galvanised frame but with seat. Writing tablet ordered separately.

Tennis Umpire Stand Writing Tablet A16-240 161.00 177.10
Fits onto umpire stand A16-237.

TIMING

Gates Training

Freelap TX Junior Pro E 089891 180.91 199.00
The Freelap TX Junior Transmitter is a portable battery-powered device that triggers Freelap Stopwatch. A single TX Junior can be used to time laps, used in combination with the TX Touch, or a pair of TX Juniors can be used to time short sprints.

Freelap TX Touch Pro F 089892 150.00 165.00
The new Tx Touch Pro transmitter is slimmer than the previous model and has a user replaceable lithium battery rated at 15,000 starts. The Tx Touch Pro automatically triggers the Radio Chip when the athlete releases the button on first movement such as block starts and the 40 yard dash. The transmitter also has an audible beep; this feature can be used to include reaction time in the sprint when an assistant holds the transmitter and releases the button in close proximity to the athlete.

Freelap FX Chip G 089893 159.09 175.00
The Freelap Radio chip stores split and Lap times when triggered by a Tx Junior Pro. The data is sent to the Pro Coach once an athlete passes within 10 metres of a radio relay, allowing a coach or teacher to view the data. Each athlete is required to wear a chip. An unlimited amount of Radio chips can pass a Tx Junior Pro. The Radio chip is worn around the waist with the chip in the middle of the hips allowing for consistent accurate timing. The FXchip does not have any buttons. The device automatically turns on when moved and automatically turns off when not in use after 10 minutes of inaction.

Freelap Pro Coach 112 BLE H 089899 1817.27 1999.00
The Freelap Pro Coach Electronic Timing System is wireless, accurate, easy to set up and use, versatile, expandable, compact, and portable. As the athlete passes the last transmitter the timing data is transmitted using BLE (Bluetooth Low Energy) to an Android or iOS device such as a smartphone or tablet, for immediate feedback. Ideal for the sports coach or teacher assessing athletes speeds. Run 1 athletes to gather 2 split times from a stationary start. Run 1 athletes at a time from a fly-in start. Conduct agility drills.

Freelap Pro Coach 424 BLE

The Freelap Pro Coach Electronic Timing System is wireless, accurate, easy to set up and use, versatile, expandable, compact, and portable. As the athlete passes the last transmitter the timing data is transmitted using BLE (Bluetooth Low Energy) to an Android or iOS device such as a smartphone or tablet, for immediate feedback. Ideal for the sports coach or teacher assessing athletes speeds. Run 2 athletes at a time to gather 2 split times from a stationary start. Run up to 4 athletes at a time from a fly-in start. Run 1 athlete at a time to gather 4 split times from a stationary start.

Speedlight TT Wireless Timing System

System includes: Base Unit, 4 light gates and tripods, charger and carry case. All required software included. Notebook computer required to use system. Additional Gates can be added to system. System can be modified for timing individuals at race meets. Please contact us for additional information.

Start to Finish Timing Gates

Start to finish ten lane timing gate system. Gates made from powdercoated steel. Incorporates quad beam technology with activation from any two beams. Interfaces directly with Digi Multi Lane Timer (included in this package). Includes wireless starting gun and lane tags. Battery powered.

Counters and Bells

Desk Top Reception Bell

Desk top bell activated by hand.

Hand Tally Counter

Hand held tally counter. Counts up to 9999 with simple single button operation. Fits into palm of hand with finger stirrup for easy grip. Resets to zero with single button reset.

Hand Held Bell 4.5"

4.5" Handbell. Diameter 120mm , Height 220mm. Used at meets to signify last lap of distance races.

Stopwatches

World of Sport

WOS 103 Sports Stopwatch

Time out & Split Features, measures up to 24hrs in 1/100th second.

WOS 302 16 Memory Stopwatch

Chronograph with 1/100 second digit. Time count up to 9hr 59min 59sec. 16 Recallable split memories. Count down timer with 1/10sec resolution. Pacer for chronograph settable from 30 to 180 beats per second. Comes with protective carry pouch.

WOS 500 100 Memory Stopwatch

Triple line extra large display. 1/100sec up to 10 hours. Times 99 splits and laps with counter indication. Recall first 100 memory on splits and laps. Time of day date and year. Stroke/Frequency measurement based on 3-60. Sound touch buttons. Lithium battery. Water resistant structure. Uses battery 088576. Comes with protective carry pouch.

Seiko

Seiko 100 Split Sports Stopwatch

Measurable up to 100 hours in 1/100 of a second Displays split time, lap time, lap time in progress Displays up to 999 split / lap times Store and recall of up to 100 split / lap times Memory recalled after or even during the measurement by easier button operation Two separate displays for split / total time, lap / total time, and lap / lap time in progress Time and full automatic calendar Battery life indicator 5-bar water resistant Automatic shut off function to save a battery power On / off confirmation sound for button operation

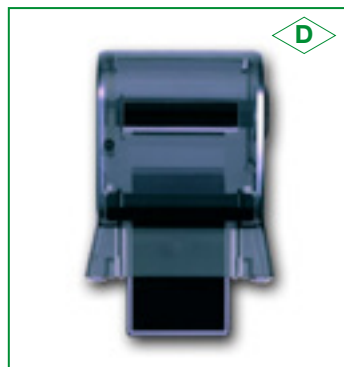
Seiko Illuminating 100 Split/Lap S'Watch

LED back light illuminates display for easy viewing in the dark Two-channel countdown timers with auto repeat function accompanied with different alarm sound tones Each channel can be set for from 10 seconds up to 99 hours 59 minutes and 59 seconds The number of times that the timers repeat their countdown cycles can be set from 1 to 100 times. Measurable up to 100 hours in 1/100 of a second Displays split time, lap time, lap time in progress Two separate displays for split / total time, lap / total time, and lap / lap time in progress Displays up to 999 split / lap times Stores and recalls up to 100 split / lap times Memory recalled after or even during the measurement by easier button operation for button operation On / off

Seiko Interval Training Stopwatch

Measures up to and recalls 100 hours in 1/100 second increments. Has capacity for 999 laps and 999 splits. 100 laps/splits memory.





Seiko 10BAR Aquatic Stopwatch

Large-sized three row display panel for split/lap and total time Dual memory mode * Single memory mode --- Up to 300 split or lap times can be stored and recalled either during or after measurement. * Block memory mode --- A sequence of measurement data obtained from race start to finish is recorded as a block. Up to 100 blocks of data can be stored in memory without deleting the previous data (memory segregated by event) Measurable up to 10 hours in 1/100 of a second Measures and stores strokes per minute for events such as swimming and rowing and stores up to 9 data Memory recall during operation ID No. function useful for keeping the data of individual users Battery life indicator.

Seiko S149 Printing Stopwatch

Measures up to & recalls 10hrs in 1/100th sec. Stores up to 300 lap times and split times. Includes thermal printer for printing of saved data.

Seiko Grip Switch

Contoured gripswitch for use with Seiko S149 combo stopwatch/printers Enables remote operation of the lap/split button Also great for interfacing external switches for industrial or automated timing Includes gripswitch with 6' cable

Seiko Large Paper Holder

Optional paper holder to allow use of large paper rolls with Seiko printing stopwatch.

Digi

Digi2000SW - Software for DT2000

Uploads stopwatch data to PC via USB port. Data can be transferred to MS Excel in text format for further processing. Includes DigiLink software and USB cable/adaptor.

Digi DT 2000 Stopwatch and Printer

200 memories, segregated memory, user selectable lap/split or lap/speed display, data can be printed immediately or later, data can be uploaded to computer with additional software. Includes thermal printer.

Digi DT 500P Printer

Thermal printer to suit DT 2000 stopwatch, see code 088528S.

Digi DT 2000 Stopwatch

200 memories, segregated memory, user selectable lap/split or lap/speed display, data can be printed immediately or later, data can be uploaded to computer with additional software.

Digi DT810 Stopwatch with Printer

2000 memories - Segregated memory (capability to memorize LAP times of different races) - User Selectable LAP/SPLIT or LAP/SPEED display - Average and best lap time display - Automatic release of LAP time after 10 seconds to allow progress monitoring - Data can be printed at operation or selectively by race later - Data can be uploaded to computer through upload cable with software (cable and software optional) Not suitable for Multi Lane timing - see product 088539

Digi DT800 MultiLane Timer (10 Lanes)

Includes 10 x 3m cables Clock Display Built in Thermal Printer 8000 Lap Memory Auto Print Out 10 Lane Timing PC Upload Function 4 Digit Bib Number 4 Digit Place Counter 2 Digit Lap Counter Multi Start Function 3 metre cable from hub.

Digi DT800 MultiLane Pool Timer (8Lanes)

Includes 8 x 15m cables Clock Display Built in Thermal Printer 8000 Lap Memory Auto Print Out 8 Lane Timing PC Upload Function 4 Digit Bib Number 4 Digit Place Counter 2 Digit Lap Counter Multi Start Function 15 metre cable from hub.

Digi Multi Timer Wireless (10 Lanes)

Includes 10 wireless buttons Clock Display Built in Thermal Printer 8000 Lap Memory Auto Print Out 10 Lane Timing PC Upload Function 4 Digit Bib Number 4 Digit Place Counter 2 Digit Lap Counter Multi Start Function.

Digi Multi Timer Wireless (8 Lanes)

Includes 8 wireless buttons Clock Display Built in Thermal Printer 8000 Lap Memory Auto Print Out 10 Lane Timing PC Upload Function 4 Digit Bib Number 4 Digit Place Counter 2 Digit Lap Counter Multi Start Function.

15m Digi Multi Timer Lane Button

Replacement lane timer lead for Digi Mutli Lane Timer. See product 088539P.

3m Digi Multi Timer Lane Button

Replacement lane timer lead for Digi Multi Lane Timer. See product 088539.

Digi Multi Timer Wireless Lane Button

Wireless lane button for use with DT800 Multi Timer fitted with Wireless Receiver. Requires 2 AAA batteries (not supplied). Batteries available see code 083566.

Digi Multi Timer Wireless Receiver

Conversion kit that can be fitted to existing DT800 Multi Timers, enabling use of wireless lane buttons (see code 088539WB). Kit includes receiver and one wireless button. Features wireless control to 25 metres, user selectable lane number for individual wireless buttons and 16 different RF channels to avoid interference if other units are in use nearby. Requires 2 AAA batteries in each part (not supplied). Batteries available see code 083566.

Ref	Code	Ex. GST	Inc. GST
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A	/954	349.86	384.85
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B	088538	635.45	699.00
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C	088538G	116.59	128.25
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D	088538H	96.77	106.45
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	088527	60.32	66.35
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E	088528	259.09	285.00
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F	088528P	201.00	221.10
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G	088528S	67.00	73.70
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H	088529	315.00	346.50
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I	088539	668.14	734.95
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	088539P	699.45	769.40
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	088539WT	1073.64	1181.00
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	088539WTS	989.27	1088.20
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	088539LT15	13.64	15.00
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	088539LT3	8.05	8.85
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	088539WB	48.27	53.10
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	088539WR	96.50	106.15
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Paper

Thermal Paper Roll Large

Thermal paper roll for use with Digi Multi Timer, product codes 088539 and 088539P and 088539WT.

Seiko Stopwatch Paper

Box of 5 rolls of thermal paper, for use with Seiko S149 Stopwatch 3.8 cm width x length 2.5 m approximately 700 lines.

Digital Timers

Electronic Clock Timer 870A

Count up, Count down, 24 hr timer.

Digi Wall Timer

Large LCD digits, can be viewed from up to 50 metres. 24 hour clock display with count up capability to 9hr 59 min 59 sec. Comes with remote control and AC power adaptor. Can be powered by 4 x D size batteries. Can be wall mounted or used as a freestanding unit. 150mm digit display. Unit measures 520mm wide x 310mm high x 70mm deep.

Batteries

186A Stopwatch Battery

Replacement battery for WOS 103 Sport timer. Sold as an individual battery.

DL2032 Stopwatch Battery

Replacement battery for Digi 500, WOS500, Matador, WOS302 and Seiko stopwatches.

DL2025 3V Lithium Stopwatch Battery

Sold as an individual battery.

CR2430 Stopwatch Battery

Used in Seiko S149 printing stopwatches.

AA Battery

Use in ER520, ER520S, ER1206, ER1206W & ER1206S hailers. Batteries sold individually. Duracell brand.

AAA Battery

Batteries sold individually. Duracell brand.

C Battery

Use in ER1215, ER1215S & ER2215 hailers. Batteries sold individually, Duracell brand.

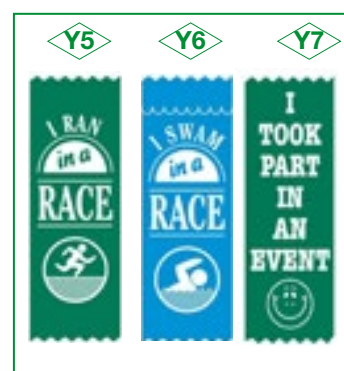
D Battery

Batteries sold individually, Duracell brand.

9 Volt Battery

Batteries sold individually, Duracell brand.

Ref	Code	Ex. GST	Inc. GST
J	088581	2.41	2.65
K	088582	10.64	11.70
L	088544	16.73	18.40
M	088546	622.73	685.00
N	088557	1.91	2.10
O	088576	4.45	4.90
P	088577	3.41	3.75
Q	088579	4.91	5.40
R	083564	1.36	1.50
S	083566	1.32	1.45
T	083575	3.09	3.40
U	083576	3.64	4.00
V	083577	4.91	5.40



TROPHIES, RIBBONS AND STICKERS

Place Ribbons, Discs and Pennants

32mm Place Disc

W

Given to competitors at the end of a race to signify place. Then taken by competitor to recorders to record placing.

32mm Place Disc - Blue	8602001	0.55	0.60
32mm Place Disc - Red	8602002	0.55	0.60
32mm Place Disc - Green	8602003	0.55	0.60
32mm Place Disc - Gold	8602004	0.55	0.60

95mm Plastic Place & Competitor Ribbon

Plastic place ribbon with white print. 95mm in length. Price is per ribbon, sold in packs of 100.

95mm Plastic Place Ribbon - First	X1	8602011	0.16	0.18
95mm Plastic Place Ribbon - Second	X2	8602012	0.16	0.18
95mm Plastic Place Ribbon - Third	X3	8602013	0.16	0.18
95mm Plastic Place Ribbon - Fourth	X4	8602014	0.16	0.18
95mm Plastic Ribbon - I Ran in a Race	Y5	860201R	0.16	0.18
95mm Plastic Ribbon - I Swam in a Race	Y6	860201S	0.16	0.18
95mm Plastic Ribbon - I Took Part in Event	Y7	860201T	0.16	0.18

150mm Place Ribbon

Y

Satin place ribbon embossed with gold print. 150mm in length. Price is per ribbon, sold in packs of 25.

150mm Place Ribbon - First	8602071	0.27	0.30
150mm Place Ribbon - Second	8602072	0.27	0.30
150mm Place Ribbon - Third	8602073	0.27	0.30
150mm Place Ribbon - Fourth	8602074	0.27	0.30
150mm Place Ribbon - Fifth	8602075	0.27	0.30
150mm Place Ribbon - Sixth	8602076	0.27	0.30
150mm Place Ribbon - Competitor	860207C	0.27	0.30



Trophies, Ribbons & Stickers



A



B



C

D



E



F

F2

F1

F3



G

G1

G2



H

Ref Code Ex. GST Inc. GST

150mm Place Ribbon (3 Scrolls)

A

Satin ribbon with white print. Ribbon has three blank scrolls for writing events on with a place rosette under the scrolls. Price is per ribbon, sold in packs of 25.

150mm Place Ribbon (3 Scrolls) - First	8602201	0.32	0.35
150mm Place Ribbon (3 Scrolls) - Second	8602202	0.32	0.35
150mm Place Ribbon (3 Scrolls) - Third	8602203	0.32	0.35
150mm Place Ribbon (3 Scrolls) - Fourth	8602204	0.32	0.35

200mm Place Ribbon

B

Satin place ribbon with embossed gold print. 200mm in length. Price is per ribbon, sold in packs of 25.

200mm Place Ribbon - First	8602131	0.36	0.40
200mm Place Ribbon - Second	8602132	0.36	0.40
200mm Place Ribbon - Third	8602133	0.36	0.40
200mm Place Ribbon - Fourth	8602134	0.36	0.40
200mm Place Ribbon - Competitor	860213C	0.36	0.40
200mm Place Ribbon - Well Done	860213WD	0.36	0.40

Custom Place Ribbon - One Colour Print

Custom place ribbons with one colour print. Quantity amount is determined by total number of ribbons ordered. For example, if order is for 200 each of 1st, 2nd and 3rd place ribbons then quantity break is 500-999.

Custom Place Ribbon 2"x 6" Qty 50-99	860226	1.00	1.10
Custom Place Ribbon 2"x 6" Qty 100-199	8602261	0.77	0.85
Custom Place Ribbon 2"x 6" Qty 200-299	8602262	0.68	0.75
Custom Place Ribbon 2"x 6" Qty 300-499	8602263	0.59	0.65
Custom Place Ribbon 2"x 6" Qty 500-999	8602264	0.53	0.58
Custom Place Ribbon 2"x 6" Qty 1000-1999	8602265	0.50	0.55
Custom Place Ribbon 2"x 6" Qty 2000+	8602266	0.45	0.50
Custom Place Ribbon 2"x 8" Qty 50-99	860227	1.11	1.22
Custom Place Ribbon 2"x 8" Qty 100-199	8602271	0.91	1.00
Custom Place Ribbon 2"x 8" Qty 200-299	8602272	0.78	0.86
Custom Place Ribbon 2"x 8" Qty 300-499	8602273	0.68	0.75
Custom Place Ribbon 2"x 8" Qty 500-999	8602274	0.62	0.68
Custom Place Ribbon 2"x 8" Qty 1000-1999	8602275	0.57	0.63
Custom Place Ribbon 2"x 8" Qty 2000+	8602276	0.52	0.57

Pennant

C

860230

POA

POA

Available in satin or felt. Pennants are made to order for your specific requirements. Please contact World of Sport to discuss pricing and minimum quantities.

Bannerette

D

860231

POA

POA

Available in satin with dowel inserts. Pennants are made to your specific requirements. Please contact World of Sport to discuss pricing and minimum quantities.

Safety Pins (x25)

860233

0.77

0.85

Nickel plated safety pins for use with place ribbons. Sold in packets of 25.

Stickers

30mm Place Stickers

E

30mm adhesive place stickers, available as listed. Sold in boxes of 100 only.

30mm Place Stickers - First (x100)	8602391	4.32	4.75
30mm Place Stickers - Second (x100)	8602392	4.32	4.75
30mm Place Stickers - Third (x100)	8602393	4.32	4.75
30mm Place Stickers - Fourth (x100)	8602394	4.32	4.75

30mm Competitor Stickers

30mm adhesive stickers, available as listed. Sold in boxes of 50 only.

Stickers - "I Ran In A Race" (x50)	F	860250	5.27	5.80
Stickers - "I Swam In A Race" (x50)	F1	860255	5.27	5.80
Stickers - "Super Effort" (x50)	F2	860260	5.27	5.80
Stickers - "Well Done" (x50)	F3	860266	5.27	5.80

30mm Award Stickers

30mm adhesive stickers, available as listed. Sold in boxes of 100 only.

Award Stickers - Gold (x100)	G	860272	7.05	7.75
Award Stickers - Silver (x100)	G1	860278	7.05	7.75
Award Stickers - Bronze (x100)	G2	860284	7.05	7.75

65mm Place Stickers

H

65mm adhesive place stickers, available as listed. Sold in boxes of 80 only.

65mm Place Stickers - First (x80)	8602441	9.77	10.75
65mm Place Stickers - Second (x80)	8602442	9.77	10.75
65mm Place Stickers - Third (x80)	8602443	9.77	10.75
65mm Place Stickers - Fourth (x80)	8602444	9.77	10.75

Ref Code Ex. GST Inc. GST

Medallions and Ribbons

Kwik Klip Ribbon

Ribbon with klip attachment for medallions. Price is per ribbon can be sold in packs of 100.

Kwik Klip Ribbon - Blue	KK1	0.45	0.50
Kwik Klip Ribbon - Black/White	KK10	0.45	0.50
Kwik Klip Ribbon - Maroon/White	KK11	0.45	0.50
Kwik Klip Ribbon - Red/Blue	KK12	0.45	0.50
Kwik Klip Ribbon - Navy/Green	KK13	0.45	0.50
Kwik Klip Ribbon - Yellow/Blue	KK14	0.45	0.50
Kwik Klip Ribbon - Green/Yellow	KK15	0.45	0.50
Kwik Klip Ribbon - Black/Yellow	KK16	0.45	0.50
Kwik Klip Ribbon - Navy/White	KK17	0.45	0.50
Kwik Klip Ribbon - Red	KK2	0.45	0.50
Kwik Klip Ribbon - Navy	KK20	0.45	0.50
Kwik Klip Ribbon - Red/White/Blue	KK21	0.45	0.50
Kwik Klip Ribbon - Black/Yellow/Red	KK24	0.45	0.50
Kwik Klip Ribbon - Red/Black	KK25	0.45	0.50
Kwik Klip Ribbon - Maroon/Yellow	KK28	0.45	0.50
Kwik Klip Ribbon - Sky/Blue	KK29	0.45	0.50
Kwik Klip Ribbon - Green	KK3	0.45	0.50
Kwik Klip Ribbon - Blue/Green	KK30	0.45	0.50
Kwik Klip Ribbon - Navy/Sky	KK32	0.45	0.50
Kwik Klip Ribbon - Yellow/Navy Blue	KK33	0.45	0.50
Kwik Klip Ribbon - Maroon/Sky	KK35	0.45	0.50
Kwik Klip Ribbon - Black	KK36	0.45	0.50
Kwik Klip Ribbon - Maroon	KK38	0.45	0.50
Kwik Klip Ribbon - Yellow	KK4	0.45	0.50
Kwik Klip Ribbon - Red/Green	KK6	0.45	0.50
Kwik Klip Ribbon - Red/White	KK7	0.45	0.50
Kwik Klip Ribbon - Blue/White	KK8	0.45	0.50
Kwik Klip Ribbon - Green/White	KK9	0.45	0.50

Medallions

45mm Medallions

Stock medallions, simply chose your medallion size and sport add Kwik Klip ribbon and engraving.

45mm Medal Track - Gold	J	M1550AG	2.00	2.20
45mm Medal Track - Silver	J1	M1550AS	2.00	2.20
45mm Medal Track - Bronze	J2	M1550B	2.00	2.20
45mm Medal Swimming - Gold		M1514AG	2.00	2.20
45mm Medal Swimming - Silver		M1514AS	2.00	2.20
45mm Medal Swimming - Bronze		M1514B	2.00	2.20
45mm Medal Cross Country - Gold	K	M1516AG	2.00	2.20
45mm Medal Cross Country - Silver	K1	M1516AS	2.00	2.20
45mm Medal Cross Country - Bronze	K2	M1516B	2.00	2.20

60mm Medallion

Stock medallions, simply chose your medallion size and sport add Kwik Klip ribbon and engraving.

60mm Medal Track - Gold	M3614AG	2.59	2.85
60mm Medal Track - Silver	M3614AS	2.59	2.85
60mm Medal Track - Bronze	M3614B	2.59	2.85
60mm Medal Swimming - Gold	M3616AG	2.59	2.85
60mm Medal Swimming - Silver	M3616AS	2.59	2.85
60mm Medal Swimming - Bronze	M3616B	2.59	2.85
60mm Medal Cross Country - Gold	M3655AG	2.59	2.85
60mm Medal Cross Country - Silver	M3655AS	2.59	2.85
60mm Medal Cross Country - Bronze	M3655B	2.59	2.85
60mm Medal	M3M	2.59	2.85

Medallions available in a wide range of sports and themes, call World of Sport for available options or go to www.wos.com.au.

Special Make Medallion

M1550SP 6.32 6.95

Medallions made to order, choose your size, colour and design. Price quoted is a guide and may vary depending on complexity of medallion design.

Trophies

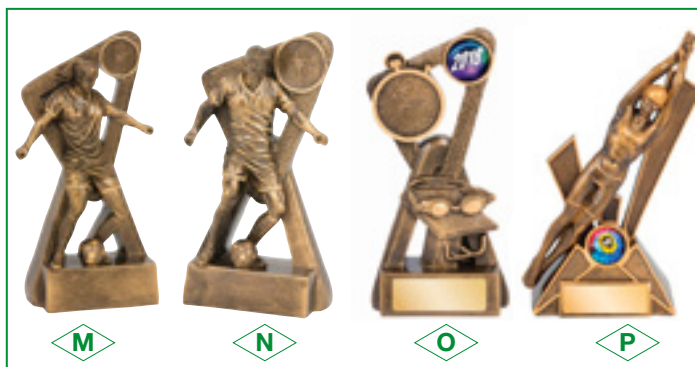
Achievement

Achievement Trophy 165mm

Acrylic Stands

Acrylic Trophy - 260mm	860298ABL	64.81	71.30
Acrylic Trophy - 210mm	860298ABM	44.18	48.60
Acrylic Trophy - 160mm	860298ABS	26.50	29.15





AFL

AFL Trophy 200mm

Athletics and Cross Country

Athletics Trophy 200mm - Female

Athletics Trophy 200mm - Male

Athletics Trophy 175mm

Basketball

Basketball Trophy 200mm - Female

Basketball Trophy 200mm - Male

Cricket

Cricket Bowler Trophy 200mm

Cricket Batting Trophy 200mm

Hockey

Hockey Trophy 175mm

Netball

Netball Trophy 200mm - Female

Rugby

Rugby Trophy 200mm Male

Softball/Baseball

Softball/Baseball Trophy 175mm - Female

Softball/Baseball Trophy 175mm - Male

Soccer

Soccer Trophy 200mm - Female

Soccer Trophy 200mm - Male

Swimming

Swimming Trophy 175mm

Swimming Trophy 200mm - Male

Swimming Trophy 200mm - Female

Tennis

Tennis Trophy 175mm

Touch

Touch Trophy 160mm

Volleyball

Volleyball Trophy 160mm

Perpetual Shield

Perpetual Shield 340mm

Cups Metal

Cup style trophy with space for engraving, plate not included.

Metal Cup Trophy 300mm Silver

Metal Cup Trophy 355mm Silver

Metal Cup Trophy 420mm Silver

Metal Cup Trophy 455mm Silver

Engraving

Engraving

Have your medallions and trophies engraved to your requirements

Ref	Code	Ex. GST	Inc. GST
A	860298AFL	9.63	10.60
B	860298TRAFL	9.63	10.60
C	860298TRAML	9.63	10.60
D	860298TRAM	9.63	10.60
E	860298BSKFL	9.63	10.60
F	860298BSKML	9.63	10.60
G	860298CRIB	9.63	10.60
H	860298CRIL	9.63	10.60
I	860298HOCML	9.63	10.60
J	860298NETFL	9.63	10.60
K	860298RUGML	9.63	10.60
L	860298SBFL	9.63	10.60
	860298SBML	9.63	10.60
M	860298SOCFL	9.63	10.60
N	860298SOCML	9.63	10.60
O	860298SWIS	9.63	10.60
P	860298SWIT	14.00	15.40
Q	860298SIU	14.00	15.40
R	860298TENML	9.63	10.60
S	860298TCHL	9.63	10.60
T	860298VOLL	9.63	10.60
U	860298P1	70.00	77.00
V			
	860298CUPS	22.18	24.40
	860298CUPM	27.86	30.65
	860298CUPL	40.36	44.40
	860298CUPXL	59.86	65.85

860299 POA POA

Ref Code Ex. GST Inc. GST

UNDERWATER HOCKEY

Underwater Hockey

Underwater Hockey Puck A1 892650 95.32 104.85
Underwater hockey puck designed for improved and more stable puck play on tile to very rough bottom pools. The outer coating on the puck is made from a two-part polyurethane which is tough, yet soft enough to allow for the stick to grip the puck.

Underwater Hockey Pusher

Specially shaped pusher used in underwater hockey to push the puck.

Underwater Hockey Pusher - Black A2 892699B 4.82 5.30

Underwater Hockey Pusher - White A3 892699W 4.82 5.30

VIGORO

Balls

Vigoro Ball

Moulded synthetic vigoro ball, meets rule specifications.

Vigoro Ball - Red B1 910498 9.64 10.60

Vigoro Ball - White B2 910499 9.64 10.60

Bats

Vigoro Bat

Competition quality standard vigoro bat with cane handle.

C1 911098 24.68 27.15

Stumps

Vigoro Stumps

D1 918796 26.41 29.05

Wooden stumps ferruled and shod. Sold as a set of six stumps with bails.

Books

Vigoro Rule Book

917797 1.36 1.50

Equipment, rules, umpires' signals and general hints.

VOLLEYBALL

Balls

World of Sport

PVC Soft Touch Volleyball

A super soft PVC volleyball, excellent for primary students for introduction to volleyball. Soft finish ensures that sting is minimised giving students confidence to participate.

PVC Soft Touch Volleyball - Pink E1 940409P 5.50 6.05

PVC Soft Touch Volleyball - Yellow E2 940409Y 5.50 6.05

WOS PU Soft Touch Volleyball

F1 940427 10.32 11.35
Hand stitched PU volleyball, yellow and blue panels. Butyl bladder excellent high volume practice ball.

WOS Spiker Synthetic Volleyball

G1 940436 17.73 19.50
Soft finish synthetic volleyball with butyl bladder. Hard wearing but still minimises sting. Our most popular Phys Ed class ball.

WOS IV300 Indoor Volleyball

H1 940438 26.82 29.50
Manufactured with 12 panels, this ball is constructed from high grade Korean PU with a laminated finish. Dimple finish to panels increases touch while the ball still has a soft feel to the hand. Excellent high grade training ball.

Toughskin Foam Practice Volleyball

I1 940445 22.82 25.10

Soft high density foam ball with tough protective skin finish.

Molten

BV5000 Beach Volleyball

J1 940468 67.00 73.70
Official FIVB approved. Feels and plays like full grain leather, hand stitched PU leather with dual layer butyl bladder.

Molten BV1500 Beach Volleyball

K1 940474 23.45 25.80
Polyurethane stitched leather outer with cloth reinforced butyl bladder. Official size and weight.

Molten V5M2700 Indoor Volleyball

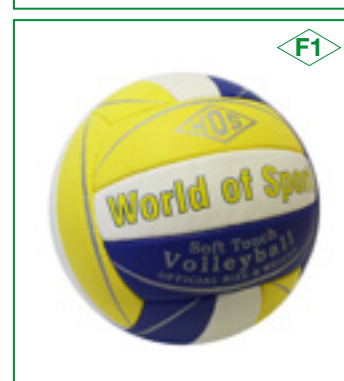
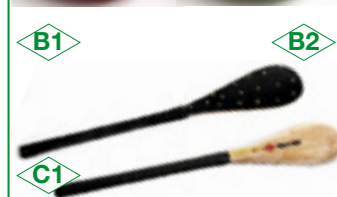
L1 940481 33.50 36.85
18 Panel PVC laminated butyl bladder. Official size and weight. With distinctive red white and green panels.

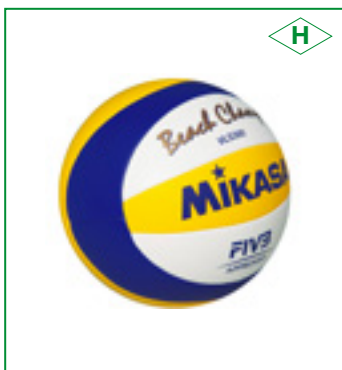
Molten V5M3500 Indoor Volleyball

M1 940482 40.18 44.20
18 Panel PU laminated butyl bladder. Official size and weight. With distinctive red white and green panels.

Molten V5M4500 Indoor Volleyball

N1 940483 53.59 58.95
18 Panel PU laminated butyl bladder. Official size and weight. With distinctive red white and green panels.





Molten V5M5000 Indoor Volleyball

Premium micro-fiber composite cover. Features a secure nylon wound carcass with flight stability technology, raised hexagons for a truer flight path and a dual-laminated butyl bladder. Designed for indoor use, official size and weight.

Mikasa

Mikasa MVA2000 Rubber Volleyball

Hard wearing rubber volleyball suitable for Phys Ed work.

Mikasa MVA200 Indoor Volleyball

Mikasa MVA200 Indoor Volleyball - FIVB Official Game Ball - Official Game Ball of the Australian Volleyball Federation - Official Game Ball for all FIVB international competitions. - Official Ball of FIVB World League/ World Grand Prix/ World Cup. The first, and only 8 panel volleyball in the world Ultra Soft-Bilt MicFiber cover, Yellow/Blue colour Embossed and Dimpled Surface (two series of indented grip) Nylon wound, butyl rubber bladder construction. The miniaturized self-sealing valve.

Mikasa MVA300 Indoor Volleyball

Mikasa Sports MVA300 Indoor Volleyball Pro Model ball with one series of indented grip. The first, and only 8 panel volleyball in the world. Ultra Soft-Bilt MicFiber cover, Yellow/Blue colour. Dimpled Surface Nylon wound, butyl rubber bladder construction. With miniaturized self-sealing Mikasa Sports valve.

Mikasa MVA310 Indoor Volleyball

Mikasa MVA310 Indoor Volleyball Deluxe Competition Performance Identical Quality to Mikasa MVA300 but with a Smooth Surface. The first, and only 8 panel volleyball in the world. Ultra Soft-Bilt MicFiber cover, Yellow/Blue colour. Smooth Surface Nylon wound, butyl rubber bladder construction. The miniaturized self-sealing Mikasa valve.

Mikasa MVA330 Indoor Volleyball

Mikasa MVA330 Indoor Volleyball Competition Performance. Smooth Surface ball with added Soft Feeling. The first, and only 8 panel volleyball in the world. Super Soft-Bilt Synthetic cover, Yellow/Blue colour. Smooth Surface Nylon wound, butyl rubber bladder construction. The miniaturized self-sealing Mikasa valve.

Mikasa SV-3 School Volleyball

FIVB Official School Volleyball. The latest high-tech development of MIKASA, Super High Durability - Super Soft Touch - Sweet Touch Premium quality synthetic cover, Yellow/White/Blue. FIVB Inspected. TwinSTLock stitching technology developed by MIKASA LeakShield rubber bladder technology. Light weight to help develop a range of skills for the younger volleyball enthusiast without overpowering or discouraging them. Only weighs 7 ounces (220 grams)

Mikasa VLS300 Beach Volleyball

Mikasa VSL300 Beach Volleyball AVF - FIVB - CEV Official Game Ball. Official Ball of the Australian Volleyball Federation Official Ball for FIVB World Tour 2010. Distinctive 10 Panel design - constructed using Mikasa's unique curved panel design. A softer feel - constructed using a newly developed softer cover material, which makes it easier to control. Enhanced Water Resistance - Due to the inner side of the panels are coated with a rubber material which enhances the water resistance as compared to a traditional stitched beach volleyball. Two Layer Cloth Backing - The underside of each panel is reinforced by a Mikasa designed two layer cloth backing for superior shape retention as compared to a traditional beach volleyball.

Mikasa VXS Beach Volleyball

Mikasa Soft Play Technology, Super High Durability - Super Soft Touch - Water Resistant.

Mikasa MVT500 Heavyweight Volleyball

Strengthens the fingers and hones your skills. Soft-Bilt centre with super soft composite leather cover, nylon wound, butyl rubber bladder construction. Weight of 500 grams to help develop a range of skills for the younger volleyball enthusiast without overpowering or discouraging them.

Mikasa MVA300 Attack Trainer

Shag no more! This attack volleyball trainer has tethers and elastic cords for repetitive practice. Official size. Attack Trainer Develops proper approach and spike mechanics. Micro-fiber cover with dimpled surface. Laminate tethers and elastic cords. Eliminates wasted time shagging.

Mikasa MVT370 Heavyweight Volleyball

The Mikasa Heavy Weight MVT370 Volleyball is 370 grams, making it an ideal training ball. Practicing with a heavier ball produces more accurate sets, more powerful spikes, and firmer blocks.

Mikasa SKV5 Kids Volleyball

The FIVB inspected Kids Volleyball, with its dynamic material and unique 8-panel design, weighs in at just 170 grams. The ball is lighter, softer and slightly smaller than regulation balls. The rubber material not only encourages children to touch and play with the ball but also takes the sting out of hitting it, making the fun game of volleyball even more fun.

Ref	Code	Ex. GST	Inc. GST
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A	940484	67.00	73.70
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B	940418	16.23	17.85
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C	940446	72.68	79.95
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D	9404461	63.59	69.95
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E	9404462	49.95	54.95
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F	9404463	39.05	42.95
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G	940447	36.32	39.95
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H	9404491	67.77	74.55
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I	9404501	19.95	21.95
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J	940455	51.27	56.40
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K	940458	90.45	99.50
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L	940460	51.27	56.40
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M	940461	25.64	28.20
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Ref Code Ex. GST Inc. GST

Nets and Antennae

Standard Volleyball Net 944916 26.82 29.50
Volleyball net made from black 18 ply twisted polyethylene. White PVC headband. 4mm polyethylene head line. Net measures 9 metres long x 900mm deep with 100mm square mesh.

Competition Volleyball Net N 944948 52.27 57.50
Volleyball net made from black 2mm twisted polyethylene. White PVC headband. Black PVC side bands and bottom band. 4mm steel cable head line 13.1 metres in length. Net measures 9.5 metres long by 900mm deep with 100mm square mesh.

International C'ship Volleyball Net 944965 125.95 138.55
Volleyball net made from black 2.5mm twisted polyethylene. White PVC headband. White PVC side bands and bottom band. 6mm coated steel cable head line 13.1 metres in length. Net measures 9.5 metres long x 1 metre deep with 100mm square mesh. Reinforced side flexible side sticks.

Stadia Competition Volleyball Net O 944977 166.77 183.45
Competition net with kevlar head cable. Knotless net. Edged on all sides.

Fibreglass Volleyball Antennas P 944981 69.41 76.35
Fibreglass volleyball antennas, made from one piece tube with red spiral taping over full length. Non adjustable.

Stadia Volleyball Antennae with Pockets 944998 109.23 120.15
Pair of volleyball antennae with pockets to suit Stadia volleyball net product 944977.

International Volleyball Antennas 944997 125.00 137.50
Fully adjustable clip on style competition volleyball net antennas. Sold as a pair complete with carry case.

Volleyball Antenna Pockets 944975 12.00 13.20
Vinyl antenna sleeves that fix to net and accommodate fibreglass antennas, product code 944981. Sold as a pair.

Net Hanger Q 834920 4.00 4.40
Plastic net holder with hanger for easy storage of games nets including badminton, tennis and volleyball.

Posts

Volleyball 2000 Kit R 948210 355.09 390.60
Portable volleyball system, includes net and posts. Can be used to set up an outdoor volleyball court in almost any location.

Volleyball 2000 Beach Kit S 948210SK 54.82 60.30
Add this sand kit to the Volleyball 2000 kit, see product code 948210 and you have a complete portable beach volleyball court.

Beach Volleyball Boundary Webbing 50mm T 948212 117.91 129.70
Complete boundary line system for beach volleyball. Made from 50mm polypropylene webbing. Includes anchor system.

Volleyball Portable Stands U 948232 356.45 392.10
Portable steel volleyball post system with heavyweight bases for stability. Depending on surface that goals are being used on we recommend either zinc plated peg product code 343296 or sandbag product code 525510 to secure base. Sold as a pair.

Volleyball Posts & Sleeves 948264 347.09 381.80
Basic level volleyball posts and sleeves made from galvanised 48mm steel. Includes two posts with net hooks and two sleeves intended to be set into the ground. Not suitable for uses with any winch system.

Volleyball Posts (75mm square) V VBP103 563.00 619.30
Heavy-duty 75mm square posts with double fixed-height hooks for net cord tie points. Suits sleeves CFSS80 (included)

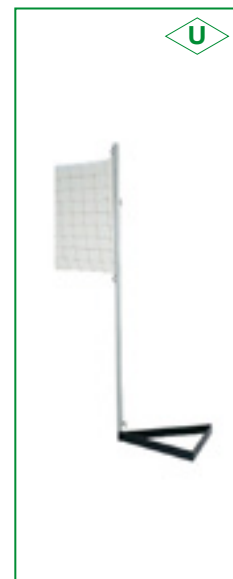
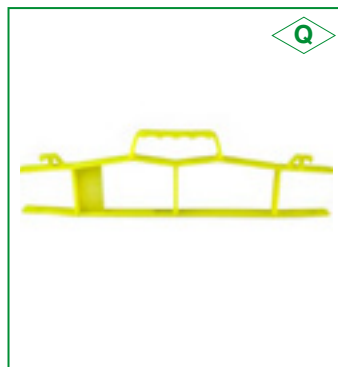
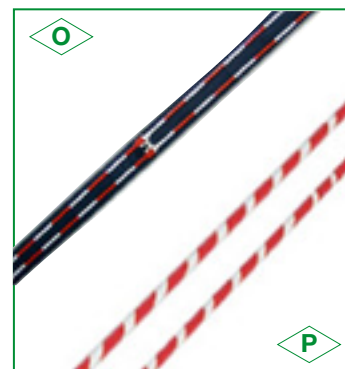
Volleyball Posts Adjustable Telescopic W VBP104 784.00 862.40
One winch telescopic volleyball post system

Volleyball Posts Telescopic - Outdoor VBP1040D 867.00 953.70
Adjustable post system with telescopic one winch sleeve for height adjustment. The same as VBP104 but with 75mm square bottoms for outdoor use. Sleeves CFSS80 included.

Single Volleyball Centre Post with Winch VBP111 591.00 650.10
Can be used with model VBP104 (sold separately), if space is limited between courts.

Lightweight Volleyball Posts (pair) VBP105 1054.00 1159.40
Lightweight volleyball post system with winch intended for indoor use. The set includes one each of VBP105-01 (End post) and VBP105-02 (Anchor post). Requires installation with sleeves IS110.

Lightweight Volleyball End Winch Post VBP105-01 585.00 643.50
Winch post for VBP-105 system, used to arrange posts for side by side volleyball courts. Contact World of Sport for assistance with your requirements.





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Ref	Code	Ex. GST	Inc. GST
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Lightweight Volleyball Anchor Post

VBP105-02	475.00	522.50
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Anchor post for VBP-105 system, used to arrange posts for side by side volleyball courts. Contact World of Sport for assistance with your requirements.

Lightweight Volleyball Centre Winch Post

VBP105-03	640.00	704.00
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Lightweight volleyball post for indoor use. Intended to be used with VBP105 set as a centre post that allows for two courts to be setup side by side. Requires sleeve IS 110.

Combination System

VBP106	1010.00	1111.00
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75mm square posts suitable for tennis, badminton and volleyball. NWB budget net winder included. Suits sleeves CFSS80 (sleeves included).

Heavy Duty Volleyball Post System

A	VBP107	740.00	814.00
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Heavy-duty 90mm galvanised steel, powder-coated in white with double hooks for junior or senior competition. Posts are removable and supplied with galvanised sleeves and caps.

Adj Telescopic Volleyball Posts

B	VBP110	1175.00	1292.50
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Heavy-duty lightweight construction to international standard. Main upper slide is 65x3mm SHS. Fixed section is made from 75x4mm SHS. Base of post converts to 50 NB pipe to suit sockets IS100, IS110 and IS120. All rollers and hooks are fitted to allow tensioning of top and bottom cables. Two winches supplied.

Stadia Multisport Posts

948225	2271.27	2498.40
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Weighing in at only 11 kg per post, this post system is the ultimate in ease of handling. The sliding rail system is easily operated from the ground with the simple to use locking cam mechanism. Rather than have single sports posts such as Volleyball only, the Multisport posts are a better option for most facilities as it provides multiple flexibility for the systems. Posts are suitable for Volleyball, Badminton and Modified Tennis.

Post Protectors

WOS Volleyball Post Pad - 2.18m Flat Winch

948547	199.14	219.05
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Flat protector pad for volleyball winch post. Measures 2180mm(H) x 850mm(W) x 25mm(T). This pad will wrap around the post and winch and close with touch tape fasteners. Pads sold per post pad.

WOS Cylindrical Volleyball Post Pad - 2.4m

948594	214.14	235.55
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Fully enclosed cylindrical post pad made from premium vinyl and foam. Measures 2400mm(H) x 205mm(D) with 60mm post bore. Offers maximum protection on posts without winches. Pads sold per post pad.

Knee Pads

Mikasa International Knee Pads

C	949996	26.82	29.50
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Mikasa International Indoor Volleyball Knee Pads. Premium supported foam for maximum protection and long wear, while minimising compression set. Used by national teams in European competition. New ergonomic design provides superior flexibility, built in wings offer protection. Heavy duty encased and moisture managed elastic back keeps the pad firmly in place. Spandex polyester fabric. Mikasa embroidered quality, burnout resistant. Available in white, navy blue and Black, one size fits all.

Mikasa Ultimate Knee Pads

D	949997	32.18	35.40
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Mikasa Ultimate Indoor Volleyball Knee Pads. AEGIS Microbe Shield Technology helps prevent Staph Infections. Controls growth of bacteria, fungi, and yeast, reducing odour, staining and deterioration. Quick-drying fabric keeps perspiration away from skin. Designed with special flex points to give you maximum flexibility and comfort. Maximized protection without the bulk. EVA with partial shock absorbing foam provides high performance flexibility and protection. Durable, breathable fabrics designed for excellent performance, ultimate comfort and fit.

Protech Ankle Brace

A specially formulated injection-molded structure is combined with high quality comfortable neoprene side pads and Velcro straps for excellent adjustability. The articulated pivot design provides a wide range of movement whilst supporting the ankle and limiting inversion and eversion of the ankle to reduce the risk of injury. Sold as an individual unit.

Protech Ankle Brace - Small

E	4986991	20.00	22.00
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Protech Ankle Brace - Medium

4986992	20.00	22.00
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Protech Ankle Brace - Large

4986993	20.00	22.00
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Umpires Stands and Padding

Fixed Volleyball Umpires Stand

F	948295	714.23	785.65
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Volleyball umpire's stand designed for use at net post. Please specify for indoor or outdoor use when ordering.

Volleyball Umpire's Stand Adjustable

G	948296	889.77	978.75
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Volleyball umpire's stand designed for use at net post. Height adjustable for convenience. Please specify for indoor or outdoor use when ordering.

Essentials Volleyball Umpires Stand

H	948297	956.23	1051.85
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The Essential Volleyball Referee Stand is a versatile umpire platform designed for use with any system. Legs are fully height adjustable and the bottoms have protective end caps. Two non marking wheels allow easy transport to and from the storage room.

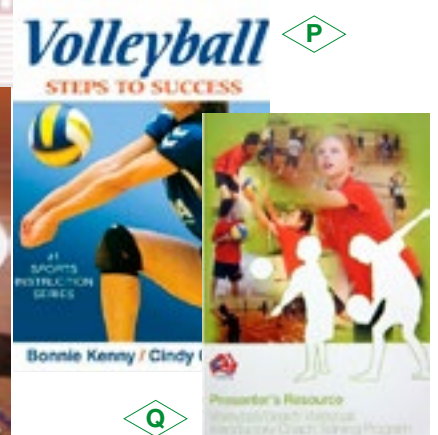
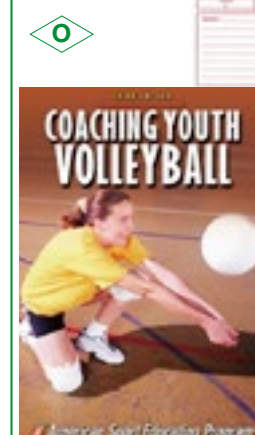
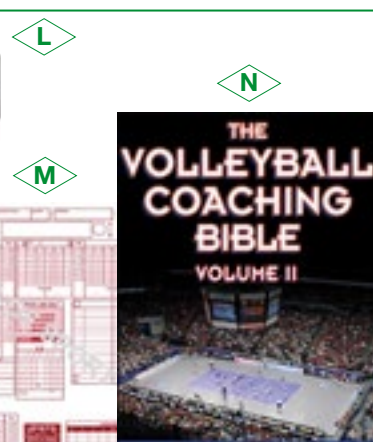
	Ref	Code	Ex. GST	Inc. GST
Essentials Umpire Stand Padding		948298	593.77	653.15
Padding to suit Essentials volleyball umpires stands.				
Volleyball Umpires Stand International	I	A16-91	1021.00	1123.10
International standard. Plywood platform, 610x665x19mm, adjustable in height from 730mm to 1330mm is supported by a 20NB pipe frame. Wheels are fixed to frame for easy handling.				
Volleyball Umpire Stand Safety Padding	J	A16-431	658.00	723.80
Padding covers three sides of the umpires stand A16-91. Acrolite foam 20mm thick carpeted on the outside and attached with touch tape.				
Volleyball Umpire Stand Collapsible		VBU-03	1103.00	1213.30
Folding, fixed height umpire stand. Made from galvanised Steel, powder coated. Step up design, steel platform, transportable wheels.				
Volleyball Umpire Stand Outdoor	K	VBUS	1122.00	1234.20
Made from heavy-duty 27mm galvanised pipe, powder-coated in durable black polyester. Total height 2300mm, width 800mm and length 1300mm. Foot stand is 1550mm high and is made from heavy-duty 17mm form-ply. Staggered step design. Ideal for clubs and schools.				
Volleyball Umpire Stand Indoor		VBUSID	1522.00	1674.20
Indoor volleyball umpire stand. Made from galvanised steel and powder coated for extra protection.				
Volleyball Umpire Stand Indoor Padding		VBUSID PADDING	522.00	574.20
VBUSID wrap around 25mm padding to suit Indoor Volleyball Umpires Stand.				

Books and Scoresheets

WOS Three Set Volleyball Score Pad	L	947798	21.45	23.60
Pad of 50 volleyball scoresheets for 3 set matches. Includes provision for remarks on reverse of scoresheet.				
WOS Five Set Volleyball Score Pad	M	947799	21.45	23.60
Pad of 50 volleyball scoresheets for 5 set matches. Laid out with three sets on front of sheet and two sets and provision for remarks on reverse of scoresheet.				
Volleyball Rule Book		947749	16.36	18.00
Official volleyball rules approved by the FIVB.				
Volleyball Coaching Bible Volume II	N	687732V	36.55	40.20
This book presents the drills top coaches use for developing players at each position, and offers insights on in-game strategies for various match situations, including strategic serving, defensive schemes, and on-the-go decision making.				
Volleyball Fundamentals	O	687732VV	25.59	28.15
Learn to master essential volleyball skills such as serving, receiving, setting, attacking, blocking, and digging. With this books coverage of scoring systems, rules, rotations, and common tactics.				
Steps To Success - Volleyball	P	687782	32.91	36.20
Volleyball: Steps to Success establishes a solid foundation by detailing proper footwork and posture before moving on to the individual skills of serving, passing, setting, attacking, blocking, and digging. The carefully selected drills and step-by-step instruction speed the development process, and the scoring system for each drill and step helps gauge progress along the way.				
Volleyball - Introductory Coach Program	Q	689694	29.50	32.45
The Volleyball Introductory Coach Training Program has been designed to provide a basic level of knowledge to individuals interested in providing fundamental skill development to novice players. Includes handbook and DVD.				
National Volleyball Symposium DVD		689695	41.55	45.70
National Volleyball Symposium Two DVD set of session presentations from Coaching to Success symposium held at AIS Canberra. This set will provide coaches of all levels with the opportunity for professional development from some of the sports best practitioners.				

Scoreboards, Coaching and Refereeing

WOS Tabletop Volleyball Scoreboard	R	947720	26.82	29.50
World of Sport Volleyball Scoreboard. Compact design displays up to and including 30. Large double sided numbers 14.5cm high, Small numbers 6.5cm high. Displays score on both sides of scoreboard at same time.				
Mikasa Tabletop Volleyball Scoreboard		947721	86.82	95.50
Mikasa Volleyball Scoreboard. Compact design displays up to and including 30. Large Numbers 14.5cm High, Small Numbers 6.5cm High.				
Mikasa Volleyball Strategy Board	S	947724	52.41	57.65
Mikasa Volleyball Strategy Board. Look like a pro with the ultimate coaching kit. Includes whiteboard, magnetic players, markers and eraser. This kit has everything and comes in a handy case with lots of pockets.				





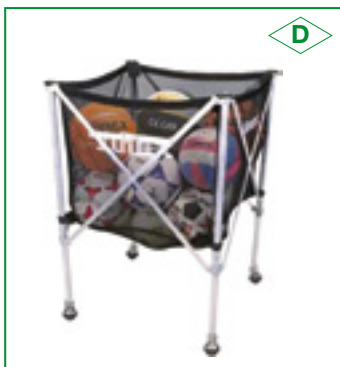
A



B



C



D



E



F



G

G1

G2



H

H1



I

I1

Judges Flag Red

Nylon judges flag with pvc handle.

Mikasa Referee Cards & Wallet

Mikasa Referee Cards & Wallet A must have item for every referee. Large, highly visible cards, approved for television use. Storage pouch with velcro fastener to attach to net post included.

Digital Pressure Gauge

Various air pressure units (kgf/cm, kPa, bar, psi) 2 needles included, stored in back of unit. Battery powered: CR2032 3V

Volleyball Spike Trainer

Metal frame made to hold volleyball at various heights to allow for spike training. Ball is held in foam on the frame for protection.

Ball Carry Bags and Carts

Mikasa Volleyball Carry Bag - 6 Ball

Mikasa Nylon Bag for inflated volleyballs. Incorporates carry handles and padded shoulder strap with extra width at the shoulder area so as to more evenly distribute weight. Separate compartment for a pump and pressure gauge.

WOS Aluminium Ball Cart

Aluminium folding carry cart on castors, complete with mesh net. Will hold approximately 20 inflated balls. Intended for indoor use.

Mikasa Aluminium Ball Cart

Holds 20 volleyballs, Durable nylon bin and lightweight aluminum frame, Folds for easy transport and storage, Caster wheels for easy mobility, 64W x 64L x 100cmH

WATER POLO

Balls

Eyeline Rubber Water Polo Ball

Rubber water polo ball for training and drills.

Mikasa Water Polo Game Ball

High quality long wearing rubber cover with special buffed surface. Nylon wound with double laminated butyl rubber bladder construction.

Mikasa Water Polo Game Ball - Junior

Mikasa Water Polo Game Ball - Womens

Mikasa Water Polo Game Ball - Mens

Mikasa FINA Water Polo Ball

Official FINA water polo game ball. High quality long wearing rubber cover with professional buffed surface. Nylon wound with double laminated butyl rubber bladder construction.

Mikasa FINA Water Polo Ball - Womens

Mikasa FINA Water Polo Ball - Mens

Mikasa Weighted Water Polo Ball

Overweight training ball. High quality hard wearing buffed rubber surface.

Weighted Water Polo Ball - Womens (800G)

Weighted Water Polo Ball - Mens (1500g)

Caps

Water Polo Cloth Cap with Tie

Cotton tie up identification cap. Ear protection not included.

Water Polo Cloth Cap with Tie - Blue/White

Water Polo Cloth Cap with Tie - Red/White

World of Sport Water Polo Caps

Full set of water polo caps 2 x Red (no. 1) 12 x Blue (no. 2-13) 12 x White (no. 2-13) with tie up straps. Includes full ear protection, comes with carry bag.

Eyeline Water Polo Caps

Senior size conforming to international standards. Each set contains 24 caps numbered 2 to 13 in your choice of available colours and 2 goalie caps numbered 1 in red. Replacement caps and earguards are available.

Eyeline Water Polo Cap Numbered 10-13

Replacement Eyeline water polo cap available in Blue or White. Please choose colour of cap and appropriate number to be embroidered in the drop box provided.

Eyeline Water Polo Cap Numbered 1-9

Replacement Eyeline water polo cap available in Blue, Red or White. Please choose colour of cap and appropriate number to be embroidered in the drop box provided.

Custom Water Polo Caps (Set of 13)

Senior size conforming to international standards. Each set contains 13 caps numbered 2 to 13 in one colour with 1 goalie caps numbered 1 in red. Please contact World of Sport for colour and design options.

Ref	Code	Ex. GST	Inc. GST
A	084201	5.45	6.00
B	947726	27.27	30.00
	947730	20.00	22.00
	948269	63.64	70.00
C	1303861	42.73	47.00
D	768598	103.18	113.50
E	768597	215.86	237.45
F	960416	21.41	23.55
G	960480	22.73	25.00
G1	960485	22.77	25.05
G2	960484	22.77	25.05
H	960482	59.23	65.15
H1	960499	59.23	65.15
I	960489	30.18	33.20
I1	960487	33.59	36.95
J	961948B	6.00	6.60
J1	961948R	6.00	6.60
K	961993	234.50	257.95
L	961997	428.82	471.70
	961998D	36.14	39.75
	961998S	34.82	38.30
	961990	627.14	689.85



Ref Code Ex. GST Inc. GST

Goals

Floating Water Polo Goal and Net *M* 963295 2100.45 2310.50
Full-sized competition floating goal. Strong, powder-coated aluminium frame, with 3m x .9m face. Foldable for easy transporting and storage. Net is tough polypropylene cord knotted at every intersection, open-corner net configuration reduces ball rebound. Durable fiberglass flotation panels provide even position in the water.

Floating Water Polo Goals 963296 2021.77 2223.95
Aluminium framed floating water polo goals. Fold for easier storage. Sold as a pair and includes goals, floats and nets. Measure 3000mm(W) x 900mm(H) x 1200mm(D).

Shot Clocks

Digi Timer Shot Clocks *N* 963298 361.82 398.00
Set includes two x shot clocks with 100mm LCD display, two x 33 metre connection cables and one x control console. Shot clock display can be wall mounted or camera tripod mounted (not included) - Console with LCD display - Shot clock display with 100mm height digits - Countdown time can be set up to 60 seconds - Alert sound when countdown reaches zero - Two keys operation - Multiple shot clock display can be linked together - Battery operation.

WHISTLES AND LANYARDS

Plastic Whistles

WOS Plastic Whistle *O*
Moulded plastic whistle with natural cork pea. Can be attached to lanyard.

WOS Plastic Whistle - Black	349807	0.91	1.00
WOS Plastic Whistle - Green	349807G	0.91	1.00
WOS Plastic Whistle - Red	349807R	0.91	1.00
WOS Plastic Whistle - Royal Blue	349807RO	0.91	1.00
WOS Plastic Whistle - Yellow	349807Y	0.91	1.00
Acme Tornado Pealess Whistle	349828	6.64	7.30

Plastic pealess whistle with a clear, penetrating blast. The first choice of top level referees.

Fox 40 Pearl Whistle *P* 349835 6.05 6.65
Inspired by the world-famous Fox 40 Classic, the Fox 40 Pearl is a patented 2-chamber pealess whistle with a lower tone 90dB pitch. Its potent blast rises well above man-made and environmental noise.

Fox 40 Mini Referees Whistle *Q* 349840 9.50 10.45
The cushioned mouth grip is constructed using a co-moulded process and that provides superior grip and protection for your teeth. With no moving parts, the Fox 40 pealess whistle rises above crowd noise to deliver a precise and powerful blast of authority that never fails. The Mini's 115dB of sonic strength always keeps you in control.

Fox 40 Classic Whistle *R* 349842 8.45 9.30
With the loudest, shrillest penetrating power, Fox 40's patented pealess design is the whistle of choice for professional and amateur sport federations worldwide. The Classic's 115dB of sonic strength always keeps you in control.

Acme 660 Whistle *S* 349850 3.91 4.30
Plastic whistle with a waterproof speed pea. Delivers a high pitched sound, used as a soccer referee whistle in F.A. & World Cup Finals.

Metal Whistles

WOS Metal Whistle with Lanyard *T* 349814 2.41 2.65
Metal whistle with natural cork pea, gives sharp clear sound. Comes with nylon lanyard.

Finger Grip Whistle *U* 349821 4.14 4.55
Nickel plated metal whistle in finger grip style with natural cork pea. Gives clear high pitched "trill".

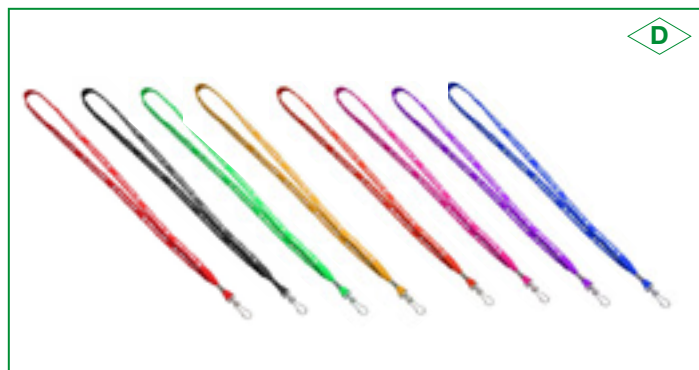
Acme 60.5 Whistle *V* 349857 10.55 11.60
Metal whistle with a waterproof pea that delivers a high pitch loud tone. Easy blow with instant response.

Acme Thunderer 59.5 Whistle 349864 12.05 13.25
Metal whistle with waterproof pea that delivers a medium pitch loud tone. Easy blow with instant response.

Acme Thunderer 58.5 Whistle 349871 12.41 13.65
Metal whistle with waterproof pea that delivers a low pitch loud tone. Easy blow with instant response.

Acme 58.5 Finger Grip Whistle *W* 349878 18.41 20.25
Metal whistle with waterproof pea that delivers a low pitch loud tone. Easy blow with instant response. Comes with cushion grip slides for added comfort.





Sets and Other Whistles

WOS Plastic Whistle and Flat Lanyard A 349810 1.77 1.95

Plastic whistle with flat lanyard.

WOS Coloured Whistle & Lanyard Set B 349811 14.41 15.85

Set contains 10 plastic coloured whistles with matching lanyards. Colours include 2 x black, 2 x green, 2 x red, 2 x royal and 2 x yellow.

Squistle C

This hand operated whistle was designed by PE teachers to keep students free of saliva-borne disease, while ensuring quality sound. It's strong, easy to use, and has a loud sound, in fact it sounds just like a normal whistle except you squeeze it rather than blow it.

Squistle - Blue 349879 18.64 20.50

Squistle - Green 3498790 18.64 20.50

Squistle - Red 349879R 18.64 20.50

Squistle - Yellow 349879Y 18.64 20.50

Lanyards

World of Sport Flat Lanyard D

90cm flat lanyard with metal clip. Red lanyard with white World of Sport logo printed on lanyard.

World of Sport Flat Lanyard - Red 349885 1.45 1.60

World of Sport Flat Lanyard - Black 3498851 1.45 1.60

World of Sport Flat Lanyard - Emerald 3498852 1.45 1.60

World of Sport Flat Lanyard - Gold 3498853 1.45 1.60

World of Sport Flat Lanyard - Orange 3498854 1.45 1.60

World of Sport Flat Lanyard - Pink 3498855 1.45 1.60

World of Sport Flat Lanyard - Purple 3498856 1.45 1.60

World of Sport Flat Lanyard - Royal Blue 3498857 1.45 1.60

WOS Whistle Lanyard E

90cm lanyard with metal clip suitable for most whistles with ring clip.

WOS Whistle Lanyard - Black 349885BL 0.73 0.80

WOS Whistle Lanyard - Emerald 349885E 0.73 0.80

WOS Whistle Lanyard - Gold 349885G 0.73 0.80

WOS Whistle Lanyard - Red 349885R 0.73 0.80

WOS Whistle Lanyard - Royal 349885R0 0.73 0.80

Special Printed Lanyard F 349886 POA POA

Lanyards printed to your specification and colours. Please contact World of Sport to arrange for design and quote.

World of Sport Mini Carabiner 7mm G 570119 3.36 3.70

Alloy carabiner for attaching gear and keys to rucksacks and straps. Not to be used for climbing, abseiling, rappelling or rope activities.