

MILO® CHAMPIONS CLINIC E-COACHING FAQ

1. Who can apply?

This online clinic is open for all Malaysian aged 7-12 years old. The module is designed for kids with no experience to learn the sport from the very basic. It is for beginners and based on “First touch” concept.

2. How much is the registration fee?

We have 2 different packages which is the basic and complete package.

The difference between the 2 packages is that the price for basic package is RM50, which comes with T-shirt, medal, MILO® product, certificate of participation and training equipment. (stairs, ladders and markers)

The price for complete package is RM85, which participants will be getting sport equipment on top of basic package.

3. Do I have to buy the sport equipment such as badminton racket, futsal/basketball etc.?

You don't have to buy if the participants already have it at home, or else it is recommended to get the complete package where everything will be provided.

4. What is the proper attire to attend e-coaching modules?

They will need to wear suitable sport pants and shoes paired with MILO® training jersey which is provided with registration.

5. How can I sign up my kids?

Kindly log on to <https://www.milo.com.my> to sign up and get the schedule for your clinics.

6. Where are the venues for the clinic?

As the e-coaching will be conducted entirely at home, it will be at participants' home.

7. What is the method of payment to register for MILO ® Champions Clinic E-Coaching?

All payment can only be made via online payment.

8. Can I register my kids for different sport at the same time?

Yes, you can. As long as the time schedule doesn't clash with each other. We strongly encourage kids to experience various sports at a young age, regardless of gender. All the clinics under MILO® Champions Clinic e-coaching is open for both boys and girls.

9. Will my kids be able to follow the e-coaching if the coaches are not there to physically guide them?

The modules are being designed for beginners, and step-by-step guides will be shown for the entire session.

10. Will my kids get injured during the e-coaching as the coaches are not there to watch them out?

There will be no guarantee that the kids will be injury free, however the modules have been designed to suit beginners' level with attention to details on small muscle parts, hence the impact will be fairly low. Parents are highly advised to supervise the entire online training session for safety purposes. The modules don't require large space in the house; they are simple, direct and easy to follow in front of the screen.