

# Sports Locker Room Forum

Free workshop for sports participants, parents, coaches, teachers and volunteers.

## Chinchilla Developing Athletes

### Presenters and topics covered

**Chris Weier: Strength and conditioning for athletes**

Chris is an exercise physiologist who will discuss sports fitness and recovery guidelines for young and established athletes.

**Brett Dowker: Making kids participation in sport positive**

Brett is SLSA's High Performance Manager; Multiple Australian Champion Lifesaver Gold Medallist and successful Club Coach.

**Leanne Hammond: Nutrition and health in sport**

Leanne is a sports dietician and exercise physiologist who has worked with the Australian Rugby Union High Performance unit and the Queensland's Academy of Sport.

**When and where:** 6:30pm till 8:30pm  
Thursday 18 November 2010  
Chinchilla RSL  
61 Heeney St, Chinchilla

**RSVP:** Wednesday 17 November 2010

*Light refreshments provided from 6pm*

To register, contact Sport and Recreation Services, Department of Communities on (07) 4615 3600 or email [SouthWestSportRec@communities.qld.gov.au](mailto:SouthWestSportRec@communities.qld.gov.au).

Click on [www.sportrec.qld.gov.au](http://www.sportrec.qld.gov.au) and get active!