

Sports Locker Room Forum

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

Gladstone 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
Monday 13 September 2010
Yaralla Sports Club
Cnr Wood and Bell Sts, Barney Point, Gladstone

RSVP: Friday 10 September 2010

Light refreshments provided from 6pm

To register, contact Sport and Recreation Services, Department of Communities on (07) 4938 4805 or email scentralqld@communities.qld.gov.au.

Click on www.sportrec.qld.gov.au and get active!