

Sports Locker Room Forum

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

Cairns Developing Athletes

Presenters and topics covered

Chris Weire: Strength and conditioning for athletes

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

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 Academy of Sport. She will discuss the role of nutrition and health in sport.

Dr Phil Jauncey: How to achieve higher performance for your athletes

Dr Jauncey has worked as a sports psychologist for a number of high profile Australian and Queensland teams including the Queensland Bulls, Brisbane Broncos, Brisbane Lions, Australian Olympic Softball and Baseball.

Mick De Vere: Motivation at the top level in sport

Mick played with the Brisbane Broncos for ten years and has also represented New South Wales in State of Origin and Australia on an International level. He will share his motivational strategies for playing sport at the elite level.

When and where: 6:30pm till 8:30pm
Tuesday 24 August 2010
Cairns International Tennis Centre – Function Room
Cnr Sheridan & Lily Sts, Cairns

Light refreshments provided from 6pm

To register, contact Sport and Recreation Services, Department of Communities by Monday 23 August on (07) 4039 8299 or email srfarnorth@communities.qld.gov.au.

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