

Sports Locker Room Forum

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

Caloundra 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.

Brendan Burkett: The future in sport using Biomechanics

Brendan is a lecturer in sports science and biomechanics, and was the 1996 Paralympic 50m freestyle Gold Medallist and was Australian Paralympic Team Captain. He will discuss biomechanics and its future 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.

When and where: 6:30pm till 8:30pm
Thursday 5 August 2010
Sunshine Coast Function Centre, Caloundra RSL
19 West Terrace, Caloundra

Light refreshments provided from 6pm

To register, contact Sport and Recreation Services, Department of Communities on (07) 5458 7100 or email north.coast@communities.qld.gov.au

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