

Sports Locker Room Forum

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

Charleville 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.

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.

Selina Scoble: Team building and motivation in sport

Selina is an Australian volleyball player who competed at the Sydney Olympics. She will share her strategies for team building and creating motivation in sport.

When and where: 6:30pm till 8:30pm
Monday 16 August 2010
Charleville RSL
37 Watson St, Charleville

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

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