

Sports Locker Room Forum

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

IPSWICH Developing Athletes

Presenters and topics covered

Chris Weire: Strength and conditioning for athletes

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

Dr Phil Jauncey: How to achieve higher performance from 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 teams.

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 – 8.30pm
Thursday 29 July, 2010
Ipswich RSL Services Club
5a Lowry St, North Ipswich

RSVP: Wednesday 28 July, 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

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