

Sports Locker Room Forum

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

NORTH LAKES 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.

Brendan Burkett : The future in sport using Biomechanics

Brendan is Paralympian who won gold in the 50m freestyle at Atlanta in 1996. He is currently a lecturer in sport science and biomechanics.

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.

When and where: 6.30pm – 8.30pm
Tuesday 27 July, 2010
North Lakes College
College Street, North Lakes

RSVP: Monday 26 July, 2010

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!