

## Building Active Community Workshops

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

# Getting the most out of your Athletes

Presented By Complete Performance Solutions

Become a more well-rounded coach and find out how to bring out the best in your athletes!

### Topics Covered:

- Sports Nutrition
- Strength and Conditioning
- Athlete Recovery

You will leave this workshop with the skills to introduce your athletes to strength and conditioning training (and progress them as they improve). You will also gain the skills needed to advise your athletes on what to eat before, during and after they compete or train, and to advise them on how to speed up their recovery after they compete or train.

### Presenter:

- **Leanne Hammond** - Sports Dietitian, Exercise Physiologist and former Australian Hockey Player

**When and where:** 6 – 9pm  
Wednesday 5 May 2010  
Kedron Football Club  
Sixth Avenue, Kedron

*Light refreshments provided from 5.45pm*

So we can cater for your attendance please **RSVP** by **4 May** on [brisbane.sportrec@communitites.qld.gov.au](mailto:brisbane.sportrec@communitites.qld.gov.au) or (07) 3896 9931

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