

# Level 1 Strength & Conditioning Course Designed Specifically for Swimming

Don't miss this opportunity to attend the newly designed course that will focus on what land training is required for a swimmer!

## Australian Strength & Conditioning Association Objectives

- Design, implement and review land training programs to improve athletic performance.
- Coach and teach sports and age appropriate exercises to improve performance.
- Outline coaching considerations when coaching special populations in a strength and conditioning context.
- Implement testing protocols and benchmarking for improving strength.
- Develop strategies for improved recovery from training and competition.
- Define appropriate nutritional guidelines to enhance sports performance for club to regional level athletes/teams.



## Australian Strength & Conditioning Association Level 1 Qualification (internationally recognised)

- Cost:** \$525
- Duration:** 2 Day Course (16 Hours)
- Dates & Times:** Saturday, 30 November 2019 - 8:30am to 5:00pm  
Sunday, 1 December 2019 - 8:00am to 4:00pm
- Location:** Ashgrove Sports Grounds, Yoku Road, Ashgrove, 4060

Email [info@propelfit.com.au](mailto:info@propelfit.com.au) to Register!

Get in quick to secure your place as numbers are limited to 20. Registration is only confirmed once full payment is received.