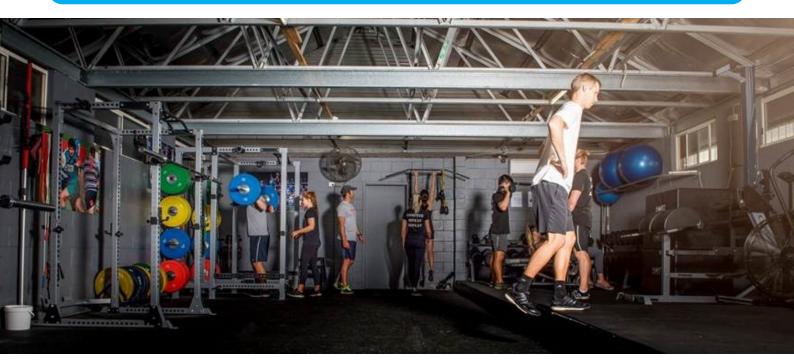
Level 1 Strength & Conditioning Course Designed Specifically for Swimming

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 & Conditiong 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 to Register!

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