

# 2008 REGIONAL ATHLETE & COACH EDUCATION



## 'Strategies to Enhance Athletic Performance'

- ❖ RECOVERY
- ❖ ACUTE INJURY MANAGEMENT
- ❖ SPEED & POWER
- ❖ SELF MASSAGE

'Strategies to Enhance Athletic Performance' consists of 4 x 20 minute lectures on four topical subjects in the field of sports science. Lectures are presented by highly qualified members of the Academy's Strength and Conditioning department and WRAS staff.

Attendees will leave with the skills to implement these easy, innovative ideas into regular training sessions, working towards athletic improvement where it counts most - on the field, court or pitch! These lectures are presented **free of charge** as a service to the western region sporting community.

The Western Region Academy of Sport present Regional Athlete & Coach Education lectures in all local government areas throughout the western region. These lectures provide valuable information to coaches, athletes, parents, staff, students & community members

## Community Lectures

Mon 16 June	Bathurst CSU (Room S15, Carpark P5)	6-7.30pm
Wed 18 June	Orange City Bowling Club	7-8.30pm
Mon 23 June	Mudgee Swimming Club House	7-8.30pm
Mon 23 June	Young PCYC	7-8.30pm
Tue 24 June	West Dubbo Bowling Club	7-8.30pm
Tue 24 June	Cowra Library (Multi purpose room)	7-8.30pm
Wed 25 June	Forbes Sport and Rec Club	7-8.30pm
Tues 1 July	Lithgow Workies Club (Waratah Room)	7-8.30pm
Thurs 3 July	Bathurst CSU (Room S15, Carpark P5)	7-8.30pm

The Academy's highly qualified presenters provide up to date information on innovative sporting topics.

All WRAS athletes & squad staff are required to attend the RACE lectures which are an important component of their WRAS program.

## School Lectures

Mon 23 June	Molong Central
Tue 24 June	Gilgandra High
Tue 24 June	Henry Lawson High
Tue 24 June	Narromine High
Tue 24 June	West Wyalong High
Wed 25 June	Wellington High
Wed 25 June	Parkes High
Wed 25 June	Condobolin High
Fri 27 June	Oberon High
Mon 30 June	Blayney High



FIND OUT MORE –

Phone  
6338 4821

Web  
[wras.org.au](http://wras.org.au)

Email  
[fjames@csu.edu.au](mailto:fjames@csu.edu.au)




# R A C E

