

Alpine Strength and Conditioning Clinic

20th-22nd of April (live in)
Narabean Sydney Academy of Sport

Camp Details:

Date: 20th April 1pm until 22nd of April 3.30pm
Where: Sydney Academy of Sport, Wakehurst Pkwy, Narrabeen NSW 2101
Camp Director: Manfred Wolscher (Exercise Therapist)
Cost: \$150 (\$100 for NSWACT Alpine team members)

Program Components

1. Testing
2. Exercise Clinic
3. Ch 1 and 2
Learn how to become fit for skiing
Posture awareness
Adopt new exercises
Breathing techniques
Understanding how to prepare for skiing
Training and race preparation skills
Fun
4. Juniors/open athletes
Understand Physiology
Exercise Programing to your needs
Learn how to achieve better performance
Discipline specific Sport psychology
Learn what it takes to become a champion
5. Parent Forum Sunday 3pm-3.45pm
What to expect
Strength Conditioning and Ski racing - better understanding

For more Information contact: Manfred Wolscher
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To register email nswalpine@live.com with your name and year of birth

