

ALPINE & SX STRENGTH & CONDITIONING CLINIC

DATE

26th April 1pm until
28th of April 3.30pm

LOCATION

This is a residential program to be held at:
Narabeen Sydney Academy of Sport
Wakehurst Pkwy Narrabeen NSW 2101

CLINIC DIRECTOR

Manfred Wolscher
(Exercise Therapist)

MORE INFORMATION

Manfred Wolscher:
manfred.wolscher@gmail.com / 0417 778 872

Annette Pilat:
nswalpine@live.com

COST

\$150

or

\$100

(for NSWACT State Alpine team members)

HIGHLIGHTS

Guest Speakers

NSWIS Sports Psychologist **Ferry Lee**

SSA Acrobatics & Strength Coach **Anthony Khoury**

PROGRAM COMPONENTS

- **Testing**
- **Exercise Clinic**
- **Parent Forum Sunday 3pm-3.45pm**
 - What to expect
 - Understanding Strength and Conditioning for ski racing

U12 & U14

- learn how to become fit for skiing
- Posture awareness
- Adopt new exercises
- Breathing techniques
- Understanding how to prepare for skiing
- Programing for the year
- Training and race preparation skills

FIS

- Understand Physiology
- Exercise Programing to your needs
- Learn how to achieve better performance
- Discipline specific Sport psychology
- Programing for the year
- Learn what it takes to become a champion

REGISTRATION

Email your name, YOB and phone number
to nswalpine@live.com