



# ALPINE & SX STRENGTH & CONDITIONING CLINIC

**DATE**

**17th April 1pm until  
19th of April 3.30pm**

**LOCATION**

**This is a residential program to be held at:**

Narabeen Sydeny 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

**David Chrystal:**  
nswalpine@live.com

**COST**

**\$150**

or

**\$100**

(for NSWACT State Alpine team members)

## Coaches

Manuela Berchtold  
Sami Kennedy-Sim  
Jason Quelch

## Program Components

- **Testing**
- **Exercise Clinic**
- **Parent Forum Sunday 3pm-3.45pm**
  - What to expect
  - What is the ideal foundation to become a successful athlete/person

## Registration

Email your name, YOB and phone number  
to **nswalpine@live.com** by no later than  
**Monday 13th April 2015**

**Please note: limited places available and youngest participants YOB, 2005.**

### U12 & U14

- Exercise Video analysis - Immediate feedback
- Agility and coordination with a difference
- Adopt new exercises
- Breathing techniques
- Understanding how to prepare for skiing
- Programing for the year
- Training and race preparation skills

### U16, U21

- Skiing specific agility and coordination
- 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
- Exercise Video analysis - Immediate feedback

