

# NSW SNOWSPORTS & ESS PERFORMANCE OPEN DAY



## SYDNEY - HOMEBUSH

Sat 2nd May - 2pm to 4pm

Sun 3rd May - 10am to 12noon

RSVP by Wed 29th April to:

NSW Snowsports

[info@nswsnowsports.com.au](mailto:info@nswsnowsports.com.au)

0408 006 415



NSW Snowsports member athletes who are interested in developing further along the elite athlete pathway.

The ESS Performance program guarantees you will set your PB on the sporting field or in the gym in the first 90 days!"

Check out [www.essperformance.com.au](http://www.essperformance.com.au) for more info!

# NSW SNOWSPORTS & ESS PERFORMANCE OPEN DAY



**Aim:** To introduce NSW Snowsports member athletes to the ESS Performance Athlete Development Program.

Information Session will be held for Parents.

**What is ESS:** ESS Performance is a leading provider of Sports Medicine, Training and Rehabilitation Services. ESS Performance offers athlete development programs using leading sports medicine clinicians and high performance trainers committed to ensuring athletes reach optimal performance. Whether you are a professional or aspiring athlete looking to gain a competitive edge in your chosen sport, the ESS Performance specialist team provides the best support and care available.

## **Dates:**

Sat 2nd May - 2pm - 4pm

Sun 3rd May - 10am- 12noon

## **Equipment:**

Sports Training Clothes & Footwear

Swimmers, Towel & Training Drinks

## **Address:**

Learning Life Centre/GWS Giants

1 Olympic Boulevard

Homebush NSW 2121

## **Coaches / Staff:**

ESS Performance coaches including strength and conditioning, exercise physiologists, nutritionists and sports psychologists.

## **Age:**

13+ years

## **Cost:**

Free to Attend via RSVP

## **Activities:**

2hrs of exposure to activities to develop agility and balance, core strength, circuit work, tumbling and other ESS services. Learn how to achieve your personal best. Parents are invited to attend the sessions with their athletes and hear from ESS regarding the training programs they offer in conjunction with their HECS-able education courses.

## **Interested Athletes:**

Please RSVP by Wed 29th April - Name, Age, Discipline, Parent/Guardians Name & Day of Attendance to:

NSW Snowsports - [info@nswsnowsports.com.au](mailto:info@nswsnowsports.com.au) / 0408 006 415

*Athletes who attend the Open Day Sessions will be offered the opportunity to attend a 3 week trial of the ESS Athlete Development Program.*