

ALPINE

Strength and Conditioning Testing Clinic

UNDER 12 & 14

12.30pm Saturday 10th October -
3.30pm Sunday 11th October
Register at the Dining Hall @ 12.30pm
COST: \$80

UNDER 16 & OLDER

1.00pm Saturday 17th October -
6.00pm Sunday 18th October
Register at the Dining Hall @ 1.00pm
COST: \$120

Sydney Academy of Sport, Wakehurst Parkway, Narrabeen

Optional accommodation is available onsite for the Saturday night
Camp Director is Manfred Wolscher

Book by **20th September, 2015**

For more information please contact:

Manfred Wolscher - manfred.wolscher@gmail.com - 0417 778 872

David Chrystal - nswalpine@live.com

Testing Components

1. Saturday afternoon/morning testing
2. Sunday exercise video analysis (each participant)
3. Hand out of Program
4. Functional Training for Skiers
5. Interpretation of Program

To Bring

- Workout gear (towel, running shoes, shorts, t-shirt etc)
- Overnight gear for those staying
- Medication if required
- Current Training Program
- Pre testing questionnaire

