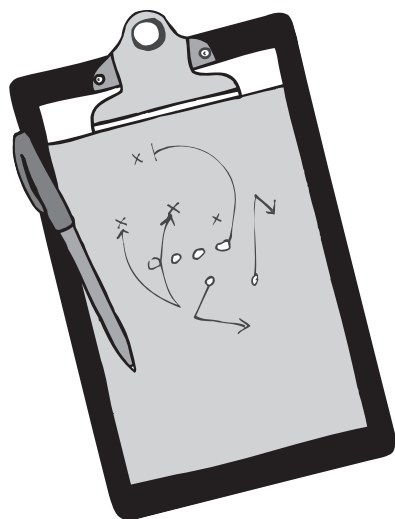


Sports education workshop



Growth and development and sports nutrition – Sydney 2008

The topic of growth and development explores the changes that take place in the human body from childhood through adolescence and explains how these changes affect sports performance and training.

The second part of the workshop examines latest trends in sports nutrition and applies these to real life situations and scenarios.

Presenters – Bronwyn Penny and Christine McDermott

Bronwyn Penny is an exercise physiologist with Diabetes NSW. She has considerable experience designing exercise programs for adolescents. Bronwyn will present the growth and development unit.

Christine McDermott has a Bachelor of Science and a Masters in Sport Science from the University of Sydney. She has worked as a sport scientist for the past 10 years at the Sydney Academy of Sport and NSW Institute of Sport. Christine will present the sports nutrition unit.

Who should attend?

All coaches and officials actively involved in junior sport and those who wish to improve their knowledge of ideal nutritional practices for athletes.

Seminar attendees are eligible for National Coaching Accreditation Scheme update points and credit towards the completion of the Intermediate general principles of coaching course.

All participants will receive a participation certificate.

Details

Date	Monday 23 June, 2008
Venue	Durack Meeting Room, Level 3, 6 Figtree Drive (NSWIS Building), Sydney Olympic Park. Entry via boom gate, Building A. Park in covered basement carpark and take lift to Level 3.
Time	6pm – 9.30pm (light supper provided)
Cost	\$40

How to enrol

- By phone** Call **13 13 02** and have your credit card details ready (Visa, Mastercard). For deaf, hearing and speech impaired people only, **TTY (02) 9006 3701**
- By fax** Complete the enrolment form, include your credit card details and fax to **(02) 9006 3888**
- By email** Send an email to info@dsr.nsw.gov.au with your registration details
- By mail** Complete the enrolment form, include either your credit card details, a cheque or a money order and mail to:
NSW Sport and Recreation, Client Service Centre, Locked Bag 1422, Silverwater NSW 2128.

For more information call

13 13 02

www.dsr.nsw.gov.au



