

All interested community members are welcome to attend the RACE workshops

The Western Region Academy of Sport presents RACE workshops in local government areas throughout the western region. The free workshops provide valuable information to athletes, coaches, parents, students and community members.

## 2015 workshop topics:

### ***Prevent re-hab with pre-hab***

Many athletes will experience injuries while playing sport. In this workshop we will look at the most common sports injuries and what an athlete can do to them.



### ***Performance maximiser***

*(Non-specific sport training)*

Improving athletic performance and reducing the risk of injury are crucial aspects to consider for athletes. Participants will be given the opportunity to learn how to maximise performance through non-specific sports training methods.

### ***Supplements exposed***

Have you ever wondered 'What types of nutritional supplements are available and what does the National governing body ASADA have to say about them?' This workshop will expose what's in common nutritional supplements and provide athletes and coaches with some healthy nutritional alternatives.



## Locations of the community workshops

Mon 8 June	Bathurst - CSU, Building 1411, Room 240	6.00 – 7.30 pm
Tue 9 June	Lithgow - Workies Club, Tank St	6.00 – 7.30 pm
Wed 10 June	Orange – CSU, Building 1004, Room 120	6.00 – 7.30 pm
Mon 15 June	Cowra - Council Multi-Purpose Room, 77 Darling St	6.00 – 7.30 pm
Tue 16 June	Forbes – Sports and Recreation Club, 175 Lachlan St	6.00 – 7.30 pm
Mon 22 June	Dubbo – Sporties (Railway Bowling Club), 101-103 Erskine St	6.00 – 7.30 pm
Thu 16 July	Orange – CSU, Building 1004, Room 120	6.00 – 7.30 pm