

Australian Unity GO Club presentations

Swimming WA will be conducting a series of 'Australian Unity Go Club Presentations' which will run most mornings during the warm ups of the 2009 SunSmart WA Swimming Championships.

The presentations are aimed at providing development and education sessions relevant to Swimming WA clubs and members. Swimming WA have partnered with leading nutritionists, sports leaders, universities and Swimming WA committees to put the workshop topics together.

The sessions are open to all Swimming WA members and are free to attend.

Location: Challenge Stadium Lecture Theatre
Time: 7.45am – 8.45am

Presentation Topics:

Wednesday 17th December 2008

Compulsory Team Managers Briefing

This session is open to the two nominated team managers of each club

Thursday 18th December 2008

Disability inclusion: The benefits to your club.

Presenter: Leah Sumich - DSR

How to include swimmers with a disability in your club

Friday 19th December 2008

Understanding and Using Meet Manager

Presenter: Megan Jovanovich - SWA

Making Meet Manager user friendly

Sunday 21st December 2008

How much is the right amount of training?

Presenter: Luana Main - UWA

Information on the effects of high level training on athletes

Monday 22nd December 2008

Gatorade Sports Talk

Presenter: Simone Allen – Nutrition Works

Coaches education presentation on nutrition and hydration

If you have any questions regarding the GO Club presentations please contact Sam Hunt, Development Officer at Swimming WA. sam@wa.swimming.org.au