

THE STADIUM CYCLING UPDATE 2010

A must see for both recreational and competitive cyclists wanting to get the most out of their time on the bike.

SEMINAR TOPICS

Common cycling injuries and how to prevent them



Dr Sharon Flahive—Sports Physician

Dr Sharron Flahive is widely recognised as one of Sydney's leading Sports Physicians. She has practised medicine for over 21 years (15 years specialising in sports medicine) and is the sports physician at the NSW Waratahs.

Optimising body composition for cycling



Dr Jarrod Meerkin—Exercise Physiologist

Jarrod Meerkin is a Exercise Physiologist with a Ph.D. from Queensland University of Technology and is an expert in dual energy x-ray absorptiometry (DEXA) scan technology. Jarrod currently runs Body Composition Australia www.bodycomposition.com.au in which elite and recreational athletes can utilise data obtained from DEXA scan to optimise body composition and support optimal performance and rehabilitation.

Eating right for training and competition



Susie Burrell—Sports Dietitian

Susie www.susieburrell.com.au is a sports dietitian who has worked with elite athletes for 10 years. She currently consults to the Parramatta Eels and is the consultant dietitian to leading supplement supplier Body Science. She also writes "Susie's Updates" which are distributed to 6000 subscribers.

Why Are You Riding? The basics of bike setup and how to ensure each ride meets your goals.



Margaret Horne—WSAS Cycling Head Coach

Margaret Horne has coached numerous State teams on Road and Track at both Junior and Australian Elite level. I also provide coaching programs for riders from entry level, club racing and State rep riders as well as running a development program for riders of all levels at Dunc Gray Velodrome.

Introduction to sports psych for cycling

Paul Penna— Sports Psychologist



Paul Penna is a recognised Sport Psychologist, having worked with many of Australia's top sports people and teams. Paul is the Sport Psychologist for the Australia Swim Team. Paul has developed a successful business, Focus Performance Psychology, which assists individuals and teams to obtain peak performances and sees private clients at The Stadium on Thursdays.

SEMINAR DETAILS

When: Tuesday, August 24th
Arrive 7pm for 7:30pm start, till 9pm.

Where: The Stadium Orthopaedic & Sports Medicine Centre Moore Park Rd, Moore Park NSW.

Parking: Free parking is available in Gold Members car park at the SFS off Driver Avenue.

Bookings: E-Mail susie@susieburrell.com.au

As this is a free seminar, and numbers are limited, please book early to avoid disappointment.

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