

# ATHLETE DEVELOPMENT DAY



At the **Aspire** Centre Lowestoft  
Sunday 21st January 2007 9:30 - 4pm

A day full of Workshops and Seminars including,  
**Sports Nutrition**  
**Injury Prevention**  
**Motivational Techniques**  
**Relaxation and Visualization**



Including inspiration and advice from  
Olympic 10,000m Runner Paul Evans  
and Special Guest Speaker courtesy  
of Sporting Champions

 **SPORT ENGLAND**

Aspire Centre Yarmouth Road Lowestoft Suffolk NR32 4BF

telephone **01502 533520** fax **01502 580431** email **info@aspirecentre.co.uk**

## The Day

This series of workshops are aimed at all athletes with an interest in developing their own performance and reaching their true potential, regardless of their level of ability.

Whether you are a Club, County or National level athlete, participate for pleasure or aspire to be the next Olympic Champion, this event will help you get the most from your sport.

Throughout the day you will have the opportunity to attend seminars that will offer practical advice and tips from a range of qualified professionals, all designed to give you, the athlete, a winning edge.

The cost of this event is £15 per delegate (including a light lunch and refreshments). Places are limited and you are advised to book early to avoid disappointment.

**Tel:- 01502 533520**

[www.denessportscentre.co.uk](http://www.denessportscentre.co.uk)



**Denes High School**  
Community Sports Centre



**Feathers and Fletchings**



## Confirmed Workshops

### Maintaining The Machine

This workshop offers practical advice and guidance on the importance of warming up /down before and after sporting activity as well as recommendations on reducing the risk of injuries.

### Ultimate Nutrition for all Sports

Sports Nutrition and Diet play an important part in helping you achieve your goals. Knowing how and when to fuel your body is vital if you are to get the maximum performance from it.

### Mind Games

Top athletes recognize the importance of mental discipline and motivation as a part of their overall training plan. We offer a practical introduction to sports psychology and useful advice on improving your mental game.

### Relaxation and Visualization

Performing well is not all about hours and hours of hard physical workouts and drills. This workshop will explain how you can improve your sporting performance without leaving the comfort of your armchair.

design [www.rokgrafix.co.uk](http://www.rokgrafix.co.uk)

To reserve your place on this exciting day, please tear off the booking form below and return to - Andrew Hood, The Aspire Centre, Yarmouth Road, Lowestoft, Suffolk, NR32 4BF

Name  Your Sport

Address

Telephone

e-mail

Please reserve me  Place(s) on the Denes Athlete development Day 2007

I enclose Cheque / Po for £  (Cheques payable to "Andrew Hood")

Signed