



Empowering Coaches through Education

AUSTRALIAN TRACK AND FIELD COACHES ASSOCIATION
VICTORIAN BRANCH

Strength and Conditioning Presentation

Saturday 7th November 12 noon (Australian Eastern Daylight Savings time)

Please log on a few minutes early to make sure you are present at the beginning of the presentation.

Presenter

John Cissik

- Special Education Teacher and Coach
- Frequent contributor to Modern Athlete and Coach and the ATFCA's Technical Journal
- Speaker at the 2013 ATFCA Coaches' Congress
- Author of 14 books on strength and conditioning and over 100 articles in print

Cost:	Members	Free
	LAVic Members	\$10
	Non Members	\$15

All fees include a copy of the Zoom recording

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Contact Heather for further information including Zoom enquiries