

Women in Sport

Locker Room

Loganholme

Date: Monday 6th April 2009

Time: 6pm – 9pm

Venue: Tudor Park Community Recreation Centre

Clarks Road, Loganholme

Women in Sport Locker Rooms are for active sports women and girls, parents, coaches, teachers operating at ALL levels of sport. **Come along** for the opportunity to share knowledge and experiences with the following experts:

	THEME “OPTIMAL SPORTS PERFORMANCE”
PRESENTERS	<p>Kelly McKellar – discusses overcoming adversity to achieve one’s goals. Kelly is one of three Indigenous athletes to represent Australia in Softball, playing 95 Tests.</p> <p>Selina Scoble – an Australian Volleyball player in the Sydney Olympics. Selina now shares key life and time management skills, with schools & sports clubs in Queensland.</p> <p>Kellie Hogan – advises the Gold Coast Titans and the QAS sports of cycling, hockey and basketball on nutrition. Kellie will outline how eating affects performance.</p>

Join us to help make your community more active

Contact the Department of Local Government, Sport and Recreation on (07) **3884 7088** or email kay.chang@dlgsr.qld.gov.au before Friday 3rd April 2009 to register your place.

There is no charge to attend and light refreshments are provided from 5.45pm

Call 1300 656 191

Click on www.sportrec.qld.gov.au and get active!