

ACC SportSmart

WARMUP



WANT TO LEARN HOW TO WARM UP EFFECTIVELY TO PREVENT INJURY?

- ✓ FITTER, FASTER AND MORE AGILE PLAYERS
- ✓ 30% REDUCTION IN ALL INJURIES
- ✓ 50% REDUCTION IN SEVERE & DEBILITATING INJURIES SUCH AS ACL TEARS

The Injury Prevention Specialists will be in Whanganui on the 3rd & 4th August!

Book a free workshop for your school or club team (up to 40 people per session) on either 3rd or 4th August or you can attend the session that is open to anyone on 3rd August from 3.30-4.30pm at Cooks Gardens (max 40 people).



Please register to secure a timeslot with Clare from Sport Whanganui: clare@sportwhanganui.co.nz or 349 2881.

REGISTRATIONS CLOSE MONDAY 31st JULY 2017. GET IN QUICK!

Click on the below link to get an idea of what the course will involve:
accsportsmart.co.nz/warmup/

