

ATHLON SPORTS MEDICINE PRESENTS

CLIMBING: TRAINING & INJURIES

INFORMATION SEMINAR

14 JULY 2004

TRAINING & INJURIES:

- How to enhance your training and not get injured.
- A protocol for recognising and assessing your own injuries.

This two part seminar will take place at **7pm, 14 July 2004**, at **Victoria Ranges** in Flemington.

With input from Dr Julian Saunders and Dr Dominic Briscoomb, this is a great opportunity to get some inside information on how to train without falling apart. And if you do, how to assess your state of disrepair.

Places are limited. Entry is by donation.

Profit will be donated to **Cliffcare**.

LOCATION:

Victoria Ranges Indoor Rock Climbing Centre
40 Mt Alexander Rd, Flemington, Victoria

ENQUIRY:

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