

Presents

Know More, Perform Better

A series of talks on sports nutrition, sports injuries and sports psychology for coaches and athletes from all sports.

Monday 30th January 2012, 7pm-9pm, Durham Amateur Rowing Club, Green Lane, Durham DH1 3JU

Sports Nutrition for Athletes

A talk for coaches and athletes by Paula Hind, Nutritionist at The Performance Clinic, Newcastle (www.theperformanceclinic.co.uk)

Tickets £5, tea and coffee will be served on arrival. The bar will be open after the talk when there will be a chance to chat informally to the speaker.

Please book in advance by e-mailing andy@durhamcityharriers.org.uk or telephoning Andy on 07855 012 808

Tuesday 14th February 2012, 7pm-9pm, Crook & District Athletics Club, The Clubhouse, Peases West Sports Centre, Crook DL15 9SY

Sports Injuries

A talk for coaches and athletes by a Physiotherapist from The Performance Clinic, Newcastle (www.theperformanceclinic.co.uk)

Tickets £5, tea and coffee will be served on arrival. Following the talk there will be a chance to chat informally to the speaker.

Please book in advance by e-mailing evers.colin@yahoo.co.uk or telephoning Colin on 0191 372 0099

Monday 12th March 2012, 7pm-9pm, The Louisa Centre, Stanley DH9 0TE

Sports Psychology

A talk for coaches and athletes by Simon Hartley, a Psychologist at The Performance Clinic, Newcastle (www.theperformanceclinic.co.uk)

Tickets £5, tea and coffee will be served on arrival. Following the talk there will be a chance to chat informally to the speaker.

Please book in advance by e-mailing colinb@live.co.uk or telephoning Colin on 01207 237 342