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STRENGTH AND CONDITIONING WORKSHOP

The Philippine Olympic Committee (POC) in cooperation with the Philippine Sports Commission (PSC) will conduct the *Strength and Conditioning Workshop* on July 4-6, 2012 at the Multi Purpose Arena, Philsports Complex, Pasig City.

The Workshop aims to appraise athletic coaches and trainers in schools, local government units (LGUs), national sports associations the best and current information on strength and conditioning including nutrition principles..

The target participants to this activity are local sports directors, head coaches, trainers, and athletes who would like to elevate their sports performance, have vital information on nutrition and mental preparation for championship results.

The deadline for registration is on June 29, 2012 through fax no. (02) 634-4955.

For more information, interested individuals may contact any of the following:

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