

CENTRAL HIGHLANDS

SPORTS FORUM

Get ready for the season ahead, both on and off the field, with a weekend of **Building Active Communities Workshops**, information sharing and networking with sports volunteers and participants from across the Highlands.

TAKE THE SWEAT OUT OF SPORT IN 2016

[CLICK HERE TO REGISTER](#)

REGISTRATIONS CLOSE MONDAY, 22 FEBRUARY 2016.

For more information phone 4982 1510 or visit www.bit.ly/CHsportsforum

EMERALD TOWN HALL

► FRIDAY 26 FEBRUARY

9.30AM - 12.30PM PHYSICAL ACTIVITY FOR OLDER PEOPLE

► SATURDAY 27 FEBRUARY

9.00AM - 12.00PM SPORTS NUTRITION

12.45PM - 3.45PM SPORTS PSYCHOLOGY

1.00PM - 4.00PM RE/WRITE YOUR CONSTITUTION

► SUNDAY 28 FEBRUARY

9.00AM - 12.00PM BEGINNER SPORTS STRAPPING

9.00AM - 12.00PM HOW TO RUN AN EFFECTIVE MEETING

12.45PM - 3.45PM ADVANCED SPORTS STRAPPING

12.45PM - 3.45PM GRANT WRITING



Proudly brought to you by
Department of National Parks, Sport and Racing
and Central Highlands Regional Council.



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TAKE THE SWEAT OUT OF SPORT IN 2016

Get ready for the season ahead, both on and off the field, with a weekend of **Building Active Communities** workshops, information sharing and networking with sports volunteers and participants from across the Highlands.

FRIDAY, 26 FEBRUARY

PHYSICAL ACTIVITY FOR OLDER PEOPLE
9.30AM -12.30PM
Presented by Chris Weier

IT'S NEVER TOO LATE

There are no rules or age limits to physical activity. Irrespective of how old you are or how often you have exercised in the past, there is no time like the present to start regular physical activity. People with an active lifestyle feel healthier and have an improved sense of wellbeing. This workshop explores types of suitable exercises, physiological changes that occur with ageing along with simple programs and strategies for keeping active.

SATURDAY, 27 FEBRUARY

SPORTS NUTRITION
9AM -12PM
Presented by Chris Weier

WHAT'S ON THE MENU?

Whether you are a professional athlete or a 'weekend warrior' (and all levels in between), nutrition is fundamental to your athletic performance.

The right diet will optimise your energy levels and help your body recover more effectively.

During this workshop you will learn about food intake for training, hydration strategies, recovery practices and the Food for Sport program.

SUNDAY, 28 FEBRUARY
BEGINNER SPORTS STRAPPING
9AM - 12PM
Presented by Dennis Long

INJURY PREVENTION AND MANAGEMENT

Sports strapping is used across many sports in the treatment, management and prevention of sports injuries. But just when should strapping be used? How should an ankle or other injury be strapped?

This course offers technical and practical advice on sports strapping with a particular focus on strapping techniques for the ankle, finger and thumb as well as the principles and application of strapping as a post injury or preventative measure. The workshop is ideal for players, parents, team managers and first aid staff who work directly with players and athletes. Registrations are limited.

SATURDAY, 27 FEBRUARY

SPORTS PSYCHOLOGY
12.45PM - 3.45PM
Presented by Chris Weier

GAINING THE WINNING EDGE

Sports psychology shows how the mind can affect an athlete's performance. Concentration, confidence, control and commitment are usually considered the main mental qualities that are important for successful performance. Learning techniques in these areas will allow an athlete to relax and to focus their attention in a positive manner on the task at hand. This workshop explores key components and techniques for 'psyching up' to perform at your best.

RE/WRITE YOUR CONSTITUTION
1PM - 4PM
Presented by Leisa Donlan

HOW OLD IS YOUR CONSTITUTION?

Did you know that in June 2007 Incorporated Associations legislation brought in sweeping changes that mean if your club's constitution was adopted prior to that, you should review it and adopt a new one? Office of Fair Trading has provided a simple template that will work for almost every type of organisation but it can be hard to start the review process on your own. Simply bring a copy of your old constitution along and we will review it during the workshop, discussing various options for your club to consider in a step by step guide.

We will discuss what the amendments mean in practice and give you the confidence and knowledge you'll need to explain it to others as well as take you step by step through how to have the new rules properly adopted and even help to complete the paperwork necessary to advise the changes to Office of Fair Trading.

HOW TO RUN AN EFFECTIVE MEETING
9AM - 12PM
Presented by Leisa Donlan

MEETINGS MADE EASY

Club meetings can be a pleasure or a painful and frustrating experience for both the management committee and the members. Do your committee meetings drag on forever and nothing ever really seems to get accomplished? In this new workshop we will cover all aspects of meetings and how to make them actually work for your club including:

- When, where and how you can or should meet.
- Getting ready for meetings well before they happen.
- What's your quorum now and what should it be for effective decisions?
- How to chair (or help chair) a positive and productive meeting in under an hour!
- Making and recording clear and concise decisions.
- How to handle conflict in meetings so no-one gets hurt.
- Getting members along to AGMs when no-one really cares.





CENTRAL HIGHLANDS SPORTS FORUM

SUNDAY, 28 FEBRUARY ADVANCED SPORTS STRAPPING

12.45PM - 3.45PM

Presented by Dennis Long

WHEN TO STRAP... OR NOT TO STRAP!

This course provides hands-on experience of advanced strapping techniques, with a focus on injuries associated with the knee and shoulder joints. Advanced principles and application of strapping as a post-injury or preventative measure are also covered. This workshop builds on the beginner sports strapping workshop which is a prerequisite for registration. Registrations are limited.

GRANT WRITING

12.45PM - 3.45PM

Presented by Leisa Donlan

The key to successful applications Applying for grants can be a competitive process due to the limited pool of funds available and the number of organisations seeking support. Each grant also has its own funding criteria and requirements that need to be carefully considered to ensure your organisation's project is suitable. Improving your skills in order to prepare applications for grants can mean the difference between getting a grant or missing out. Participants in this workshop will gain practical, first-hand knowledge on how to write grant applications, where to look for funding, and how to budget correctly.

Participants will be provided with real life examples to ensure the best chance of a successful outcome when writing grant applications.

TAKE THE SWEAT OUT OF SPORT IN 2016

MEET THE PRESENTER

CHRIS WEIER

(Fitness)

- Physical Activity for Older People
- Sports Nutrition
- Sports Psychology

Chris's qualifications include a Bachelor of Applied Science in Human Movement with Honours at the University of Queensland, Bachelor of Built Environment at QUT, and a Bachelor of Architecture at QUT. Chris also lectures at schools delivering a Certificate III in Fitness and is currently the CEO of Fitness Australia.

Chris has a wealth of knowledge and experience in the sporting industry starting with his own involvement as a top level triathlete, competing for Australia on numerous occasions. Chris has more than a decade of experience in training people, from top class athletes to community members and groups. For the past four years Chris has been the strength and conditioning coach of the Ipswich Jets and also leads the South Bank Tri Club's running group.



MEET THE PRESENTER

DENNIS LONG

(Sports Medicine Australia, Qld Branch)

- Beginner Sports Strapping
- Advanced Sports Strapping

Dennis has been involved with sport from an early age and has represented Queensland in three sports across his career – ten pin bowling, Tae Kwon Do and AFL. Dennis now runs Ausbaeg Taekwondo in western Queensland, teaching martial arts to more than 140 students at his two clubs.

Dennis' passion is helping others to achieve their sporting dream and he is looking forward to being able to play a part in sport with athlete wellbeing, recovery and injury management.



MEET THE PRESENTER

LEISA DONLAN

(Committee.com.au)

- Re/Write Your Constitution
- How to run effective meetings
- Grant Writing

Leisa holds a Bachelor of Applied Science (Psychology) and is a Fellow of the Australian Society of Association Executives with 20 years' experience in the non-profit sector.

In 1999 Leisa was awarded the Australian Association Executive of the Year.

Leisa has been involved in every possible type of committee role in over 110 different committees and non profit organisations including community sporting clubs, trade and industry groups and philanthropic organisations.

With a wealth of 'real world' experience in clubs and committees, Leisa has been sharing solutions to common club issues with thousands of committee members ranging from sports clubs, community groups, industry, indigenous communities to government.



[CLICK HERE TO REGISTER](#)

ALL WORKSHOPS HELD AT EMERALD TOWN HALL.

FOR MORE INFORMATION
PHONE 4982 1510 OR
VISIT [WWW.BIT.LY/
CHSPORTSFORUM](http://WWW.BIT.LY/CHSPORTSFORUM)

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CLOSE MONDAY,
22 FEBRUARY 2016