



This program is a joint initiative of the Australian Sports Commission and the Office for Recreation and Sport



## State Coaching and Officiating Centre UPDATE COURSE

**COURSE:** Self Massage and Relaxation  
**VENUE:** OFFICE FOR RECREATION and SPORT  
Conducted in the Conference Room on the ground floor  
27 Valetta Road, KIDMAN PARK  
**COST:** \$ 15  
**DATE:** Monday 4<sup>th</sup> August  
**TIME:** 6.30pm – 8pm

Self massage and relaxation is an important skill for ensuring the ideal training and competition condition. In your role as a coach, you can assist athletes to use self massage and relaxation techniques effectively to enhance performance and physical condition. This workshop will provide you with introductory techniques, teaching you ways of enhancing self massage and relaxation.

Applications by fax, e-mail or returning the registration form below to:  
State Coaching and Officiating Centre PO BOX 219, BROOKLYN PARK SA 5032 phone: 8416 6605 fax: 8416 6674  
Email: coachingandofficiating@saugov.sa.gov.au

\*Please read the cancellation policy prior to registering. [www.recsport.sa.gov.au/training-development/documents/cancellation.pdf](http://www.recsport.sa.gov.au/training-development/documents/cancellation.pdf)

### Self Massage and Relaxation

First Name \_\_\_\_\_ Surname \_\_\_\_\_

Address \_\_\_\_\_ Postcode \_\_\_\_\_

Phone (h) \_\_\_\_\_ (w) \_\_\_\_\_ (m) \_\_\_\_\_

Fax \_\_\_\_\_ Email \_\_\_\_\_ Join our email list? Y / N Sport \_\_\_\_\_

Please make cheques and money orders payable to: Office for Recreation and Sport

Card Holders Details

Payment by	BANKCARD	<input type="checkbox"/>	MASTERCARD	<input type="checkbox"/>	VISA	<input type="checkbox"/>
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Expiry Date

Total amount: \$ \_\_\_\_\_

Name on card \_\_\_\_\_ Signature \_\_\_\_\_

