

ATTENTION PENINSULA NETBALL COACHES



Ph 9918 3373 Email : warwick@avphysio.com.au
11/12 Bowling Green Lane , Avalon

Warwick Sargeant at Av Physio, Bowling Green Lane, Avalon

has offered to present to our **Peninsula Netball Club** coaches and parents a rapid fire 30 minute session on the role of the biomechanics of the pelvis and lower limb in the causation of lower limb netball injuries in juniors.

Specifically he will address anterior cruciate (ACL) injuries , with reference to the Netball Australia Knee Program, but also growth plate disturbances such as Sever's Disease and Osgood Schlatters Syndrome.

Who is most likely to suffer these and why?

Av Physio is also kindly making available **Anne Sargeant** who will run a 60 minute session on footwork, weight transfer, movement and timing.

Anne is Former Australian Netball Captain, Sport Australia Hall Of Fame Legend, National Diamond Selector, 9WWOS Commentator and the Director of ASNC and JETS programs.

Av Physio has been involved with **Peninsula Netball** for many years and we appreciate Warwick sharing his expertise and supporting our club.

When : **Thursday MAY 17th**

Time: **6.30pm—8pm**

WHERE: **AV Physio, Bowling Green Lane then proceeding to
ARC for further demonstration**

PLEASE REGISTER YOUR INTEREST ASAP :

secretary@peninsulanetball.org.au

Spaces are limited !