

World Masters Training Session/Workshop
Cyprus Championships 2011.
Venue Training Hall Tuesday 1st November
2011.



Figure 1

Dear Master Members,

As you are aware in the last World Masters Championship we held two training sessions following the women's championships.

At the women's meeting we agreed this was well attended and well received and that more training sessions would be welcome.

Sandra Smith has again volunteered to arrange more sessions at the World Masters Championships in Cyprus. She will be assisted at these sessions by Janis Kerr and Bronwin Carter.

The dates have now been agreed and will take place on Tuesday 1st November 2011 at 11.00 – 13.00. If anyone is interest please

contact Sandra Smith on stressanatomy@yahoo.co.uk so we can have an idea on the numbers involved.

As previously advertised the training session will include the following:-

1.Warm up.
Range of Movement.
Rehabilitation.
Injury Prevention.
Warm Down.

2.Biomechanics.

3.Snatch Pull.
Power Snatch Movement.

4.Q & A.

These sessions should last approximately 2 hours.

The sessions are available to men and women.

Caroline Charles
Women's Officer