

Strength and Conditioning Support: Amateur + Grassroots Sport



FREE STRENGTH AND CONDITIONING TRAINING SESSION

We want to help develop those who participate in sport to maximise their performance with training methods and techniques normally utilised by the UK's elite.

This free 45 minute introductory session will provide practical advice on the prevention and rehabilitation of lower limb injuries made specific for your sport.



Free Training Session

Sport981 will come to your club and deliver a strength and conditioning session which will introduce specific injury rehabilitation and prevention techniques specific. It's not just for those concerned with injury, these techniques will also improve performance by training the body to be more functional and move with greater control and precision, and that means faster times.

The workshop is free to attend however all participants will need a foam roller or similar which is used in self massage techniques. If anyone attending doesn't currently own a foam roller they can be ordered in advance from Sport981 for £8. **This offer is for a limited time only so book your workshop now.**



About Sport981

Sport981 offers world class sports performance, conditioning, education and consultancy services.

Since its inception in 2004, the Sport981 team have worked with numerous top professional sports clubs, coaches and athletes within the UK and abroad, in addition to producing some of the UK's most promising future sporting prospects.

Sport981 are committed and driven to stay on the cutting edge of exercise prescription and application methods.

Book Now

To book your free introductory strength and conditioning session or for more information contact **Tim Stevenson**, e: timstevenson@sport981.com t: 07983 402853

For information on additional professional support services please contact us

Education and Training Performance Training Academy Services Consultancy Equipment

A: Sport981, PO Box 9569, Nottingham, NG4 9DD T: +44 (0)115 8599139 E: info@sport981.com W: www.sport981.com



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