

STRENGTH & CONDITIONING SEMINAR



Peter Stokes is a former amateur boxing coach now a full time professional strength and conditioning coach, at the very popular Denning Strength & Conditioning Centre.

Pete has a Bachelor of Sport Science from Murdoch University WA along with ASCA Level 2 Strength & Conditioning Accreditation coach and AWF Level 2 coach.

Pete specialises in the development of high level athletes in many sports including Amateur & Professional Boxing. Pete also works spends considerable time developing AFL and WAFL up & comers and the development of the SPP program for basketball here in WA.

This is a great hands on workshop based on strength, power, agility and speed.

Conducted in a fun environment and with plenty of time available to ask questions from someone who knows the sport.

This is a unique opportunity for all south Australian coaches to come along and have a chance to work along side a Strength coach.

Ask the questions that you want answered.

Learn how to put a more productive training session together.

Learn the easy way to understand how strength and conditioning can benefit you and your boxers.

WHEN: 12pm on the 21st May 2016

WHERE: NERMINS GYM - 368 Cross Rd, Edwardstown