

Please ask all participants to choose one lecture and two workshops sessions that want to attend.

Below is the list of lectures and workshops that are available at the conference-

Lectures:

1. Nutrition
2. Medical Conditions – Head and Trunk
3. Pre-hab

Workshops:

Workshop A – Taping the lower limb not your normal taping

Workshop B – Hamstring, prevention and rehab

Workshop C – Massage, preparing for competition and cooling down

Workshop D – Weekend Warrior (building on the 2018 session)

Workshop E – Critical Care