

## **2010 ASCA Level 1 Strength and Conditioning Coaching Courses**

*The following dates and venues have been confirmed – additional courses in other areas are currently being finalised and will be added to the list on confirmation*

### **Canberra - ACT**

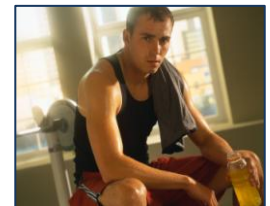
- Venue Australian Institute of Sport, Bruce
- Dates 17-18<sup>th</sup> April  
24-25<sup>th</sup> July  
27-28<sup>th</sup> November

### **Geelong – VIC**

- Venue Geelong Grammar or Geelong Cats (TBC)
- Dates 22-23<sup>rd</sup> May  
27-28<sup>th</sup> November

### **Sydney – NSW**

- Venue State Sports Centre, Homebush Bay
- Dates 27-28<sup>th</sup> February  
1-2<sup>nd</sup> May  
10-11<sup>th</sup> July  
11-12<sup>th</sup> September  
11-12<sup>th</sup> December



### **Brisbane – QLD**

- Venue Brisbane Grammar School, Spring Hill
- Dates 6-7<sup>th</sup> March  
15-16<sup>th</sup> May  
10-11<sup>th</sup> July  
11-12<sup>th</sup> September  
11-12<sup>th</sup> December

### **Adelaide - SA**

- Venue Adelaide Football Stadium, AAMI Stadium, West Lakes
- Dates 13-14<sup>th</sup> March  
9-10<sup>th</sup> October

### **Tamworth - NSW**

- Venue Fitness Plus Centre, Tamworth
- Dates 20-21<sup>st</sup> February

### **Launceston - TAS**

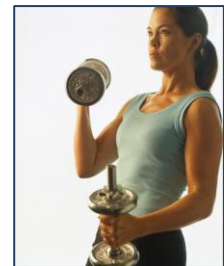
- Venue Tasmanian Institute of Sport, Prospect
- Dates 17-18<sup>th</sup> April  
27-28<sup>th</sup> November

■ **Melbourne - VIC**

- Venue Integrate Personal Training Studio, Caulfield South
- Dates 13-14<sup>th</sup> March  
15-16<sup>th</sup> May  
24-25<sup>th</sup> July  
2-3<sup>rd</sup> October  
4-5<sup>th</sup> December

■ **Perth – WA**

- Venue Wesley Sports Club, South Perth
- Dates 17-18<sup>th</sup> April  
28-29<sup>th</sup> August  
11-12<sup>th</sup> December



■ **Wollongong/Warilla – NSW**

- Venue WBC Gym, Warilla, Bowls Club, Warilla
- Dates: 17-18<sup>th</sup> April  
24-25<sup>th</sup> July  
4-5<sup>th</sup> December