



Sport Recovery Massage Workshop

Could your athletes benefit from faster recovery following training, match or competition performance?

Would you like to learn how to optimise your athletes' recovery to assist them regain their peak performance level faster?



Jill Morgan

Sport Hawke's Bay is pleased to have Jill Morgan (Coordinator/Lecturer Sport and Health Massage at the EIT) teach on this area of recovery including the role of massage for the benefit of athletes.

The session covers the teaching of basic massage techniques with attendees having the opportunity to observe and practice.

Where: The Hawks Nest, Pettigrew.Green Arena , Taradale, Napier

When: Monday August 16th at 7:00pm

Who: Register with Tim Motu at Sport Hawke's Bay

Numbers are limited

Tel: 8459336 extn 762 or email:timm@sporthb.net.nz

Cost: **FREE**

Sport Hawke's Bay welcomes all participants including those with a disability



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