

## Swimming Biomechanics Workshop

Perth Integrated Health Trisports Group (PIHTG) is hosting a workshop for novice / recreational triathletes wishing to learn important strategies to **IMPROVE SWIMMING BIOMECHANICS, MINIMISE INJURY AND INCREASE SPEED!**

### Workshop Details

**Date:** Tuesday 6<sup>th</sup> March 2012  
**Time:** 700pm - 830pm  
**Venue:** Perth Integrated Health – 12/8 Booth Pl, Balcatta.  
**Cost:** \$20 per person and no refunds or part payment permitted.  
**Seating:** Only 20 seats available so be quick to secure your place!



## Presenters

### Kareena Preston – High Performance Swimming Consultant & Lucy Liongue – Occupational Therapist & Directorsportif PIHTG

Kareena Preston heralds from an elite swimming background and has produced State, National and International Level swimmers. Lucy Liongue provides clinical treatment services for swimmers at a novice, recreational and elite level. Kareena and Lucy will co-present on body positioning / techniques, biomechanics of your body and the direct relationship to improving performance.

### Further Enquiries & Bookings

Booking Link: <https://www.registernow.com.au/secure/Register.aspx?ID=5679>  
or [www.pihc.com.au](http://www.pihc.com.au). For more information contact Lucy Liongue, PIH Occupational Therapist on [lucy@pihc.com.au](mailto:lucy@pihc.com.au).