

# PSYCHOLOGY SEMINAR

**Wednesday 15th February from 7-9pm**

**@ Sport Wales National Centre, Cardiff**

**Cost £10**

Learn how to ensure your athletes come and give 100% into every session.

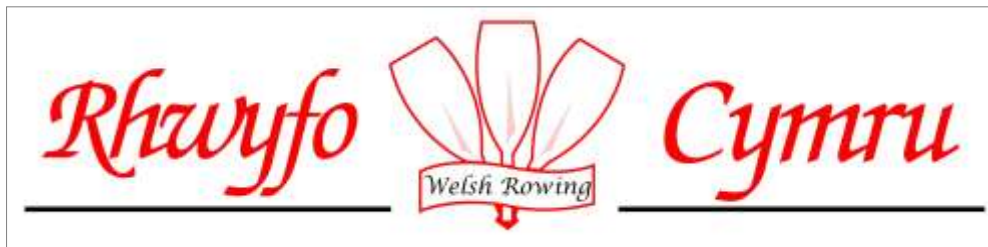
Delivered by a Sport Psychologist with experience supporting international athletes from a range of sports.

Aimed at coaches and athletes of any squad

For further information please contact:

Dan Grant

[coaching@welshrowing.com](mailto:coaching@welshrowing.com)



## **PSYCHOLOGY SEMINAR Booking form**

The Welsh Rowing psychology seminar will be held on Wednesday 15<sup>th</sup> February 2012 between 7 and 9pm in the Sport Wales National Centre at Sophia Gardens, Cardiff. The seminar will cost £10 to attend.

Name	
Club	
Phone	
Email	

Please complete the above form and return with a £10 cheque payable to 'Welsh Rowing' by Wednesday the 8<sup>th</sup> February.

Please post both the form and cheque together to:  
Dan Grant  
18 Garth Olwg,  
Gwaelod-Y-Garth  
Cardiff  
CF15 9HW