



Eat and Drink Your Way To Rottnest - Seminar for Rottnest Channel Swimmers

When: 6:30pm - 8pm, Tue 15th November 2016

Where: Dept. of Sport and Rec. 246 Vincent St, Leederville

Cost: \$10 payable at the door, light refreshments provided

Perth City Swim Club's annual presentation for solo, duo and team Rottnest Channel Swimmers.

Perth City Masters has hosted over thirty solo swimmers and countless duos and teams who have successfully made the crossing and for the past 15 years they have shared their knowledge and experience through the annual performance nutrition presentation by Dr Roslyn Giglia. Dr Giglia is a qualified nutritionist, dietitian and channel swimmer with a wealth of experience and knowledge on how to get the best out of your training through eating the right foods in the lead up to, and on the day of, the channel swim.

The nutrition presentation is complemented with advice and a Q&A session from seasoned successful Rotto/open water swimmers Paul Blackbeard, Allison Hass and Jon Haines.

Holding the presentation in November gives attendees opportunities to put lessons, hints and tips into practice.

If you have set yourself the goal of swimming to Rotto or want to improve your open water endurance swimming, this presentation is for you!

Eat and drink right to get you to Rotto and also avoid the trauma of getting to the starting line and then realising you're still carrying your phone and car keys!

To register or to find out more contact Jon Haines 0411 591 699 jhaines@iinet.net.au



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