

# FREE Parent Forum

At

Brisbane Junior Metropolitan Championships

## "Beyond Resilience"

**Presented by SQ Athletic Development Coordinator  
Grant Jenkins**

Grant is currently in his 20th year working in Strength & Conditioning.

He is one of only 22 Pro-Scheme Master Coaches in Australia,  
and one of only 36 Level 3 Strength & Conditioning Accredited  
Coaches in Australia. Swimming Queensland is the 7th National  
or State Sporting Organisation Grant has worked with.

**Caboolture Aquatic Centre Gym  
Group Fitness Room**

Sunday, 11 March 2018  
7:30am to 8:15am

## Don't Miss Out!

★ Help your child deal with *success* and cope with *failure* ★

★ Learn about the two best predictors of *success* and how to  
develop these predictors

**ALL PARENTS ARE ENCOURAGED TO ATTEND!**