

ACC SportSmart

WARMUP



## ENHANCING PERFORMANCE THROUGH PREVENTION

What do Sonny Bill Williams, Portia Woodman, Sam Sinclair & Erin Naylor all have in common?  
They all warm up to; play strong, to never give up and to make every game count!

... BECAUSE The ACC SportSmart warm up programme has direct performance benefits for your athletes: Fitter, faster, stronger & more agile players · 30% reduction in ALL injuries · 50% reduction in severe & debilitating injuries · 37% fewer training injuries · 29% fewer game injuries

**BECOME ACC SPORTSMART CERTIFIED**  
**REGISTER NOW FOR THE COACH & PLAYER WORKSHOPS AROUND NZ**

# TRAIN SMART PLAY SMART

DATE: Thursday 5<sup>th</sup> July

TIME: 6:30-7:30pm

VENUE: Papamoa College Gymnasium

COST: Free – No Charge

Please email [louise.trappitt@nzfootball.co.nz](mailto:louise.trappitt@nzfootball.co.nz) to register

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