



LEVEL 1

1-2 October 2022

National Swimming Complex
Gzira, Malta



ASCA 

ENSURING
EXCELLENCE
IN STRENGTH
& CONDITIONING

Level 1 ASCA Strength & Conditioning Coach Accreditation Course

Organised in collaboration with the Maltese Olympic Committee



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- ✓ Design, apply and review conditioning training programs to improve athletic performance in club to regional level athletes / teams.
- ✓ Implement testing protocols and benchmarking for improving strength, speed, flexibility, mobility and recovery.
- ✓ Be part of an Association that keeps you on top of the S&C industry and provides you with countless professional development opportunities (workshops, events, conferences, etc).
- ✓ Start your journey in a fulfilling industry, enhancing the athletic performance of athletes.

To join the ASCA Level 1 in Strength and Conditioning course:

- You **MUST** be 18 years old.
- Have an interest in coaching to enhance athletic development and performance.

Contact **Nigel McCarthy**

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for more information about the course, rates and how to register.