



## MEDIA RELEASE

FOR IMMEDIATE RELEASE

VicTenpins is pleased to announce the appointment of Jarrod Egan to the position of Strength and Conditioning coach for the Victorian State Training Squad.

Jarrod is extremely experienced in athlete development, having previously held the position of Strength and Conditioning Coach for both the North Melbourne and Geelong Football Clubs.

Apart from his wealth of experience, he holds a Bachelor of Applied Science (Human Movement) and an Honours Degree in Biomechanics.

The Board holds a strong belief that strength and conditioning play an extremely important role in today's modern game.

Jarrod's role will be to develop programs to improve the squads' performance in this area while working with the athletes on their own personal fitness development.

The Board welcomes Jarrod to the team, and will no doubt play an important part in the future success of all Victorian State Teams.

State Training Squad Board  
VicTenpins  
(State branch of Tenpin Bowling Australia)