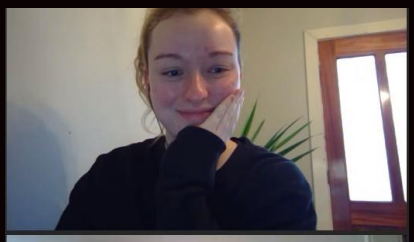
RICHMOND INSTITUTE OF SPORTS LEADERSHIP
JULY UPDATE

As Term 3 begins, we continue to deliver our programs online, with just as many exciting upcoming opportunities.

The start of the Richmond Institute of Sports Leadership term has been filled with exciting new guest speakers, lots of enthusiasm, and continued high levels of student engagement.
How lucky are we to still be able to deliver our program online?!



Richmond Institute Ambassador, Lydia Lassila, joined us for a day to speak about her Will To Fly documentary, journey as a gold medal winning Winter Olympian, and finished by delivering a tough workout session to our cohort.

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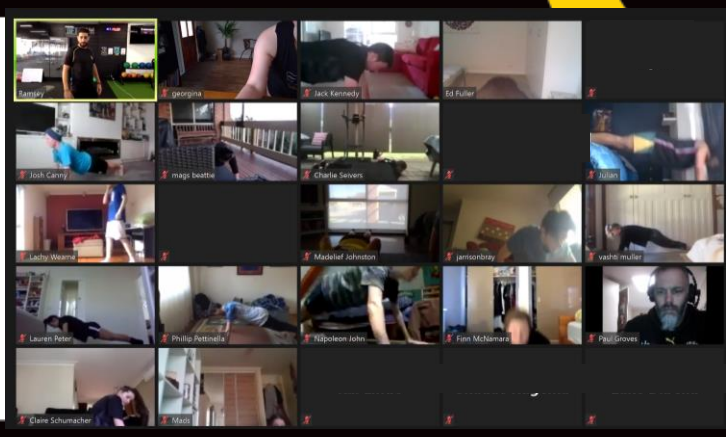
"After watching her film, 'Will to Fly', Lydia gave us an insightful and more personal snapshot of her life whilst training and competing as an Olympic athlete. I really liked how honest and upfront she was about the pros and cons of the sport year-round.
I definitely didn't realise how much fitness was required to do well in freestyle skiing, not until I was dripping in sweat before the end of the warm-up of her 'Train with a Pro' session." – Jasmine Sweeny. 2020 student

Lisa Alexander, Richmond Institute Ambassador and former Australian Diamonds Netball Coach, also joined us this term to give us a look into her achievements as an elite coach. We can't wait to do a face-to-face session with her when we can!

"What an amazing and insightful speaker Lisa Alexander is. So full of knowledge. Her willingness to share her experience with us was one in a million. Thanks so much for your time" – Andrea Henderson, 2020 student

We would like to thank all the schools who are continuously supporting our program and what we do.
For any interested staff/students, we have an upcoming Live Information Session on **Tues, August 11.**
You can register your interest via our website:
https://www.richmondinstitute.com.au/



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