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# Women In Strength and Conditioning Q&A Forum

ZOOM CALL 6.30PM  
13TH OCTOBER 2020



**NICOLAI MORRIS**

HPSNZ Lead S&C Blacksticks



**SHANNON MACLACHLAN**

TrainHer Founder & Former NRLW Warrior S&C



**EMILY NOLAN**

Breakers Head S&C



**AMANDA MURPHY**

Women's High Performance Manager  
Canturbury Rugby Union

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