

# SPORT FOR LIFE CENTRE

## COMBINE

## **Regional Testing Combine**

open to athletes of ANY level and sport in the WEST Region.

### The Day Includes:

- 1:00pm Free Lunch n' Learn info session for parents & coaches
- 1:30pm Free NCCP Session for parents & coaches- Basic Mental Skills
- 1:00pm Athlete Combine Testing for Speed, Agility, Strength, & Power
- Review of athlete's results by Sport Performance Experts
- Draws, Prizes & Music
- Recovery Snacks and Drinks for all Combine participants
- Commemorative Gift for all Combine participants

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GAMES-

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 7:00pm Rink Talk at Credit Union Place for parents & athletes Topic: Pathway to High Performance Sport | Megan Foster



WHEN: October 14, 2017

- **TIME:** 1:00pm 3:00pm
- WHO: Ages 12 and up
- WHERE: Dauphin Regional Compressive Secondary School, Dauphin, MB
- FEE: \$30 per individual

#### Fee discount available for teams bringing 10+ athletes!

**TO REGISTER:** Please contact Brittany at brittany.bruinooge@sportmanitoba.ca or call (204) 720-8066 for registration form and more details.

Registration form must be received by October 13, 2017\*