



—JEUX DU—
CANADA
—GAMES—

**SPORT FOR
LIFE CENTRE**

C O M B I N E

Sport Manitoba will be hosting a **Regional Youth Testing Combines** in Dauphin, MB.
October 14, 2017

This **Fitness Testing Combine** is a one-stop-shop to get all of your pre, mid, and post-season testing done in one quick session and receive instant information on the results achieved by your athletes. Please read below and see the attached poster and registration form for more information.

WHO:

The Combine will be open to all athletes of any sport and any level to come out and challenge themselves in a fun testing environment. We want to give rural athletes exposure to the fitness testing they will encounter as they pursue their sporting pathway to higher levels.

WHAT:

We will be running athletes through upper and lower body power and strength tests, as well as speed, agility, and quickness drills. We will also have specialized identification testing available by Rowing Canada for athletes to try out some tests they may never get another chance to see.

WHY ATHLETES SHOULD ATTEND:

Athletes should come out and attend the combine to get familiar with athletic testing if they are planning on taking their sport to a higher level. These are standard fitness tests that all athletes will see at one point in their sporting career should they want to play at a higher level such as Club, Provincial University/College teams, or National teams.

Some coaches also require that athletes have their baseline results to try out for specific teams so this is the perfect opportunity to get it done.

This is also a great time for older athletes to contemplate their specializing options in a specific sport based on their fitness scores. The Performance Experts can help direct athletes to sports that match their natural athletic abilities based on their testing results.

WHY COACHES SHOULD ATTEND:

The Combine will be a great opportunity for coaches to bring their entire team in for quick and efficient baseline or post-season testing done.

- Baseline testing helps you focus on what skills need improvement before the competitive season begins.
- Post-season testing allows you to differentiate between areas of strength and weakness and build a game plan for next year to diminish the gap.

We will have our entire Performance Team out to move the athletes through the testing stations as quickly and efficiently as possible. This is also be a great time for coaches and athletes to have one on one time with the Performance Team to ask any questions they might have about testing, strength and conditioning, performance improvement, etc.

Megan Foster will also explain what Sport MB is and how athletes, coaches and officials can benefit in the areas of grant assistance, strength training and a few other things.

WHY PARENTS SHOULD ATTEND:

There will be a 30 minute info session for parents on why Strength and Conditioning is important for athletes. Here we will talk about injury prevention, muscle balance and symmetry, increasing athletic potential, helping athletes reach THEIR athletic goals, and what parents should know if they are trying to pick a gym and strength coach for their kids. Megan Foster will also explain what Sport MB is and how athletes, coaches and officials can benefit in the areas of grant assistance, strength training and a few other things.

THE GOAL:

Essentially we just want to give our rural athletes exposure to the same resources as our city athletes. We want them to come out and have a good time and to feel like they've walked into a professional combine and be treated like professional athletes for a day!



Upper Body Strength



Speed



Lower Body Power



Agility & Quickness





—JEUX DU—
CANADA
—GAMES—

**SPORT FOR
LIFE CENTRE**

C O M B I N E

Regional Testing Combine

October 14, 2017

Agenda for Athletes

Where: Dauphin Regional Compressive Secondary School
330 Mountain Road
Dauphin, MB

Time: 1:00pm- 3:00pm Testing Combine

Who: All athletes age 12 and up

Fee: \$30/athlete

Discounted team rate- \$20/athlete for a coach bringing a team of 10+ athletes

Registration Form: <https://clients.mindbodyonline.com/classic/ws?studioid=668045&stype=-103&sTG=32&sVT=39&sView=day&sLoc=0&sTrn=100000032&date=10/14/17>

Agenda for Coaches and Parents

Where: **Dauphin Regional Compressive Secondary School**, 330 Mountain Road, Dauphin, MB

Time: 1:00pm- 1:30pm Lunch n' Learn with Megan Foster

Megan will discuss the purpose and benefit of the combine for athletes. She will then discuss what Sport Manitoba is, how parents, coaches and officials can benefit in the areas of grant assistance, funding, strength training amongst a few other things.

Time: 1:30pm- 3:00pm NCCP Basic Mental Skills

Course Description: Recognize certain signs showing that an athlete may need to improve his/her skills in areas such as goal setting, focus, and anxiety control. Develop an action plan that will enable the athlete to improve in these areas. Run simple guided activities that will enable the athlete to improve these basic mental skills. This will be an interactive workshop which the attendees will receive NCCP credit in The Locker.

Fee: Free

Agenda for Athletes, Parents and Coaches

Where: **Credit Union Place**, 200 1 St SE, Dauphin, MB

Time: 7:00pm- 8:00pm Keynote Rink Talk with Coaches, Parents and Athletes following Hockey Game
Megan Foster will speak about her experience as an athlete, the journey sport has taken her, and what athletes can expect as they move into the elite levels of sport.

Fee: Free