



**CANADA WINTER GAMES PRE-SUMMER CAMP**

June 19<sup>th</sup>, 2010  
Optimist Arena,  
Brandon, MB

Hi Athletes

Welcome to the CWG Pre-Summer Camp.

Please find attached a Schedule for the Camp and a list of what you will need to bring.

**Schedule of Events**

10:00 – 10:15 am	Registration			
10:15 – 11:30 am	Fitness Testing			
11:45 – 12: 15 pm	Lunch *			
12:15 – 1:00 pm	Sports Psychology			
1:00 – 1:45 pm	<u>Group 1</u> On Ice	<u>Group 2</u> Nutrition	<u>Group 3</u> Strength & Conditioning	
2:00 – 2:45 pm	Strength & Conditioning	On Ice	Nutrition	
3:00 - 3:45 pm	Nutrition	Strength & Conditioning	On Ice	
4:00 – 5:15 pm	On Ice all Skaters			
5:30 pm	Park for outdoor BBQ			

\*Note: Skaters responsible for their own bag lunch  
Snacks will be provided in Nutrition Class

**What to bring:**

- Skates & on ice attire
- Runners & work out attire
- Notebooks & pens
- Annual Plans
- Bag Lunch
- Water bottle

Clinicians for the day will be:

- On Ice – Tammy Fournier & MaryAnn Penner
- Nutrition – Janelle Vincent
- Fitness testing – Bridgette Girouard
- Strength & Conditioning – Cindy Van Schepdale
- Sports Psychology – Kendra Thomson

On Site Coordinators – Mary Ellen McDonald & Patrick Wong-Team Manager

Have a great time in Brandon!!

CWG Committee