



St. Patrick Catholic School Grades 4-8 Summer Program!



Get the winning edge on the competition and prepare yourself with pre-season training from the Alberta Sport Development Center NW.

August 23-27, 2010, 9 a.m. to 11 a.m.

Athletes will take part in two (2) hour sessions each day throughout the week that will assist them in becoming a well-rounded athlete.

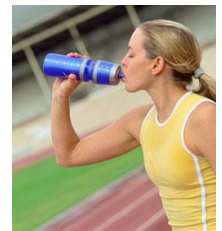
The intent of the program is to prepare athletes for their upcoming season as well as provide them with the tools to become a successful athlete in the future.

Training to look forward to:

Strength and Conditioning: build the foundation of your performance and prepare yourself for the demands of your sport. Receive guidance from certified personal trainers that take a Long Term Athlete Development approach to training young developing athletes.



Nutrition: essential in enabling athletes to perform to the best of their ability. This information will empower athletes to make healthy choices that keep them fuelled for optimal performance.



Mental Skills/Team Building: encourage your athlete to bring out the best in themselves and their teammates. These interactive activities will encourage positive communication among teammates as well as build on leadership skills.



Goal Setting: goals provide a sense of direction and purpose. Receive guidance on how to create specific, measureable, attainable, realistic, and time appropriate goals related to your sport. Motivate yourself to reach beyond your limits.

