

Sport MANITOBA



MULTI-SPORT ATHLETE DEVELOPMENT

CAMP AGES
12-15

AUG 13-17 \$239 +TAX

REGISTER NOW AT:
sportforlifecentre.ca

THIS WEEK LONG SUMMER CAMP FEATURES

- Badminton, basketball, volleyball, ultimate, table tennis, dodgeball, tchoukball, spike ball, handball
- Strength & conditioning training
- Fitness classes: yoga, spin, TRX
- Performance testing: speed, change of direction, strength
- Professional athletes, nutrition, cognitive skills, sport science
- Two semi-private after-school training sessions



145 PACIFIC
AVENUE

Multi-Sport Athlete Development Camp

The first in a series of new programs and services for Manitoba's athletes, this brand new multi-sport camp developed by Sport Manitoba's Sport Performance Specialists is for kids aged 12-15 who love being active, are competitive, want to try new activities and will play junior high or high school sports in the fall.

This fun and high energy week features a variety of sports and activities that promote and develop key athletic attributes such as confidence, teamwork, sport science knowledge, functional movement foundations, and multi-sport skills.

In collaboration with our Provincial Sport Organization experts, daily sport showcases will feature skills and mini-games led by some of our provincial coaches and athletes.

Each morning will conclude with sport science foundational skills such as proper warm-ups, foam rolling, strength training and more.

Our lunch hour will take place in the classroom so we can talk and teach campers about Manitoba's athlete development pathway, how to properly fuel your body, Q & A with performance athlete guests, goal setting and more.

The afternoon will be spent teaching campers proper strength training techniques and programs. We'll close the day with fun mini-games and classes that develop campers speed, agility, coordination and more.

If your child wants to try a variety of sports, further their sport career and is open to learning what it takes to be a well-rounded athlete, this is the camp for them!

Program includes*:

- Sport Showcases: Badminton, Basketball, Volleyball, Table-Tennis and Ultimate
- Reaction and Communication Games: Dodgeball, Tchoukball, Spike (Reaction) Ball, Handball
- Strength & Conditioning Training: Introductory, Intermediate or Advanced based on experience
- Fitness Classes: Yoga, Spin, TRX
- Performance Testing: Speed, Change of Direction, Strength
- Manitoba Sports Hall of Fame Scavenger Hunts, Trivia
- Special Guest Speakers: including Professional Athletes and Sport Science experts.
- Lunch + Learn sessions : Nutrition, Cognitive skills, True Sport principles
- Two \$25 semi-private after-school training sessions in the Canada Games Sport for Life Performance Centre

\$239 +TAX

*Camp schedule is subject to change



—JEUX DU—
CANADA
—GAMES—

**SPORT
FOR LIFE
CENTRE**

**AUG 13 - 17
9AM - 4PM**

**DROP OFF 8-9AM
PICK UP 4-5PM**