



FUTURE ELITES

ARE YOU READY TO TAKE YOUR GAME TO THE NEXT LEVEL!?

Canada Summer/Winter Games, AWG, NAIG, College, University, International

DO YOU WANT TO LEARN ABOUT WHAT IT TAKES TO:

Compete at elite levels

Create a training plan to “own your day”

Test your Speed, Strength, Power & Endurance

(Learn what those results mean and how you measure up Nationally)

Work with Nationally certified Trainers/Physio/Nutrition

(Experience training athletes CFL, CHL, NHL, Usport, team Canada)

Presented by



Registration Fee: \$30 includes t-shirt lunch & snacks

Sept 28, 2018 @ FH Collins ~ Athletes age 16-18

8:30	Registration ~ Welcome
8:45	Opening Remarks ~ Own The day
9:00	Special Guest ~ Bruce Craven, M.Sc., B.Sc.(PT), DIP.SPORT(PT),B.S.P.E.,CSCS Co-Owner and President Craven Sport Services
10:00	Activation, Mobility, Dynamic Warm-up
10:15	Future Elite Testing ~ (Speed,Strength,Power,Endurance)
12:15	Lunch ~ provided by Extreme Pita
1:00	Guest Speaker ~ TBA
1:30	Future Elite Testing ~ Finish testing
2:30	Recovery/Rehab/Remobilization
3:30	Wrap up ~ Lets go own everyday

“It’s not the result that is the big picture, it’s how hard you try and the effort you put into everything”

Jamie shaw

Contact Sport Yukon for registration information

plcoordinator@sportyukon.com

(867) 668-4236