

# TEAM SASKATCHEWAN NAIG 2020 - HALIFAX, NS FITNESS TESTING & TRAINING

The NAIG steering committee has partnered with Craven SPORT Services. Together we are designing a physical training program to help with overall development of our athletes. We want to encourage our young people to start training and get prepared as we build our teams for NAIG 2020. Participation in this program is at no cost to our athletes. It will give them a starting point to see where they are physically and to show their growth over time. These opportunities fit into our plans of developing all of our young people to become bigger, faster and stronger!

## UPCOMING SESSIONS

FOR ATHLETES BORN IN:  
2001, 2002, 2003, 2004, 2005, 2006 & 2007

### SASKATOON

SAT. SEPT. 15, 2018  
Mount Royal Collegiate  
2220 Rusholme Road

### YORKTON

SAT. SEPT. 22, 2018  
Gallagher Centre  
455 West Broadway

### MEADOW LAKE

SAT. SEPT. 29, 2018  
Carpenter High School  
806 5th Street West

### LA RONGE

SAT. OCT. 13, 2018  
Jonas Roberts Memorial  
Community Centre  
Far Reserve Rd

### REGINA

SAT. OCT. 20, 2018  
Location: TBA  
Address: TBA

### START TIMES:

9:30am

11:00am

12:30pm



Please go to our website  
[www.teamsasknaig.ca](http://www.teamsasknaig.ca)  
and register online.

