



2011 CWG Check Point #1 Testing

Check Point #1

June 8, 2010 - Regina, SK (For souther skaters) Canada Games Athletic Complex at Douglas Park
June 11, 2010 - Saskatoon, SK (For northern skaters) Griffiths Stadium

Camp Details

Information sessions will begin at 6:00pm, with testing beginning at 7:00pm.

The information sessions will be approximately 45 minutes in length. Topics include the CWG process, and training plans with a brief Q&A in the end.

Warm ups will be led and structured for consistency across all tests taken this season. By doing this the athlete's results will be more consistent. It is highly recommended you come to the testing sessions rested for the day. Participating in other sports during the day may affect the testing results. Come mentally ready!

Registration (Please complete this form and additional forms and e-mail them to the SASSA Office and Bryan McSorley)

Athlete Contact

Name _____ Gender _____ Birthdate _____
Address _____
City/Town _____ Postal Code _____
Phone number _____ e-mail _____

Parent/Guardian Contact

Name _____
Phone number 1) (H) _____ 2) (W) _____ 3) (Other) _____
e-mail _____

Please ensure the Athlete Code of Conduct and Medical Form is filled out and e-mailed to the SASSA Office and Bryan McSorley

Required Equipment

- Athletes should be prepared for the weather conditions. Be sure to check the weather network for details.
- Running shoes in good condition, running shorts and a t-shirt. Change of clothing for after the testing is complete
- Water bottle full of water
- Sun screen and bug repellent
- Nutritious snacks - fruit, granola bars, fruit or vegetable juice
- Heart Rate Monitor (if you own one)