



Fueling Youth Performance

Spring 2024

April. 27th - June 22nd - 8 weeks

Saturdays @ Sk'elep School/Field or TCC 11:00am-12:30pm

Schedule:

April 27th – kick off and Strength and Conditioning with coach Tera.

May 4th – Yoga with Instructor Cherisse

May 11th – Archery with Coach Buzz

May 25th – Ultimate with Coach David

June 1st – Sprint Training with coach Miriam (9-10:30am)

June 8th – Fit Nation workout with Coach Buzz

June 15th – Sprint Training with Coach Miriam (9-10:30am)

June 22nd – Strength and Conditioning with Coach Tera

Notes:

Please let Kordell or Buzz Manuel Jr know ahead of each session if you are attending so we know how many participants to expect each week.

Contact info:

Kordell Primus, kprimus@pacificsport.com, 250-828-3583

Buzz Manuel Jr, bmanuel.jr@gmail.com