



Fueling Youth Performance – Spring 2023

The program is open to athletes ages 13-20 and is designed to help the athletes take their performance to the next level and support them on the proper pathway to develop athletically and enhance their skills to reach their goals in sport. The program focuses on improving performance, injury prevention and creating a 'whole' athlete through team building and other educational opportunities all while incorporating Indigenous leadership and cultural practices into the program.

With the North American Indigenous Games taking place in July of 2023 and many Team BC tryouts happening this summer, this is the perfect opportunity to join a program to help you prepare!

Program Info

- 8-week program beginning May 6th, ending June 24th
- Saturdays 10:30am-12:00pm at Tk'emlups te Secwepmc, Moccasin Square Gardens (Sprint sessions at the Tournament Capital Centre)
- Cost: Free – limited spots available, register ASAP!
- Register: to register email or call Erin at epincott@pacificsport.com or 250-828-3583
- More information and program updates can be found on our website [here](#)

Schedule

May 6th – Kick off and strength and conditioning with Coach Craig
May 13th – Mental Wellness Session with Jay Roque
May 20th – sprint at Tournament Capital Centre with Coach Miriam
May 27th – strength and conditioning with Coach Craig
June 3rd – sprint at Tournament Capital Centre with Coach Miriam
June 10th – Team Building and FitNation
June 17th – Pound Fitness with Coach Amanda
June 24th – Wrap up and Traditional Games