



STEADWARD BEARS

UNIVERSITY OF ALBERTA

PARA-ATHLETICS CAMP

JANUARY 26/27, 2019

Location: The Steadward Centre (University of Alberta North Campus)

Time: 9:45AM-2:00PM

Fee: \$45

Join us for two days of para-athletics training! Gain event-specific training from qualified coaches in all para-athletics events: running, wheeling, throwing, and jumping. Take part in sessions on nutrition, strength and conditioning, and sport psychology techniques. No experience necessary! Coaches and/or parents welcome to attend.

To register, please call (780) 492-3182.

This initiative has been made possible through financial contributions from the Canadian Paralympic Committee and the Government of Canada. The cost of the camp has been partially subsidized by grant funding.