



March Break Training Camp

When: March 10 - 14th

Where: Canada Games Centre

Who: Athletes ages 12 - 18 (Coaches & Parents welcome)

Events: Sprints, Jumps, Endurance

Facilitator: Steve Morley

Cost: ANS Member: \$100 Non-Member: \$150

Registration Deadline: March 5th 2014

Capacity: 25

*Camp includes both on and off track training

Off Track Sessions Include:

Strength & Conditioning

Recovery

Video Analysis

Nutrition

Yoga

Expert Presentations

& more

For More Information:

Contact Samantha Huelin
programs@athleticsnovascotia.ca

Register online at:

<http://www.trackie.com/online-registration/event.php?id=1100>

