



# Welcome to Flatwater North

[www.flatwaternorth.ca](http://www.flatwaternorth.ca)

## Sprint Team Winter

Time	Days	Location
4 – 5:30 pm	Monday & Wednesday	Whitehorse Elementary School
9:30 - 11:00 am	Saturday	Canada Games Center Track



Flatwater North's Sprint Team program will be offered every Monday, Wednesday, and Saturday. Not only is this training program "the meat and potatoes" of the training year for our Sprint athletes, it is a great way to cross-train for individuals involved in other sports.

This program is an introduction to a structured training program which builds participants increase in mobility, strength, endurance, reactive, and movement training. Participants will also learn effective goal setting, as the program aims to develop not only strong athletes but strong minds.

Sprint Team is open to anyone grades 8-12. This program is especially important for athletes planning to attend upcoming Spring Training Camps. We encourage ALL to join, if you have any questions please email [info@flatwaternorth.ca](mailto:info@flatwaternorth.ca)

### Equipment List

#### What to Bring:

- A healthy snack
- Water bottle
- Sturdy running shoes
- Workout cloths

#### What NOT to bring:

- Pop
- Glass containers
- iPods or video games. You will be having too much fun anyway!
- Money or other valuables. FNS does not take responsibility for lost or stolen items
- Weapons (real or fake)



**Dan Girouard**

**Executive Director/Head Coach**

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