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ABA Winter Development Camp Edmonton, AB

Purpose: The goal of this camp is to offer sport science services to existing and prospective racing cyclists (ages 15 – 20). All abilities are welcome. There will also be an overview of the 2012 Provincial Team Program/Racing Projects.

Cost: Free! *All athletes must be a member of an ABA affiliated club or an ABA general member.*

Date: Saturday, March 3, 2012

Location: Argyll Velodrome, 6850 88 St NW

Schedule:

9:30	Core Training Seminar
10:00	Flexibility Training Seminar
10:30	Sports Nutrition Seminar
11:30	Lunch (pack your own lunch)
12:00	Sport Psychology Seminar & Goal Setting
1:00	2012 Provincial Team Program Overview
2:00 - 4:00	Compu-trainer Testing

Registration: Please email Cameron McKnight, cam@albertabicycle.ab.ca to reserve your spot.
Max Registration: 25.

Please Bring:

1. Athletic (non-cycling) clothing and foot wear.
2. Your Lunch
3. Notepad or Training Log
4. Road Bike & cycling shoes for Compu-trainer testing.

For any question, contact Cameron McKnight 877-646-2453, 780-427-6352,
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