



# Team Prairie Central

## Sport Science Workshops & Pep Rally

**Sunday, February 4, 2018**

**Sport Science Workshops: 1:00 – 2:00 and 2:10-3:10 pm**

**\* Sport Nutrition and Mental Training**

2 groups rotate to second workshop after 1 hour, everyone welcome

\*Pre-register with name and sport by Jan. 26, 2018 to: Jaret Dezotell 306-726-2087 ext. 2 [jaret.pcdscr@sasktel.net](mailto:jaret.pcdscr@sasktel.net)

**Pep Rally: 3:30 pm**

Winston High School, Watrous

202 6<sup>th</sup> Avenue East

### What happens at the pep rally?

- ✓ Meet Team PC athletes, coaches, managers and mission staff
- ✓ Travel arrangements and Team PC check in time
- ✓ Find out what to expect, what to bring and take home a copy of the participants handbook. Ask questions and get answers so you're ready to go!
- ✓ Host City, North Battleford will be in attendance 😊 and bring your pre-ordered merchandise.
- ✓ Team Prairie Central uniforms distributed to those in attendance (otherwise you'll pick it up in North Battleford at the Team PC mission desk when you come off the bus)
- ✓ Snacks provided



All Team Prairie Central athletes, coaches, managers and parents invited to attend!

