



ISPARC
Indigenous Sport,
Physical Activity
& Recreation Council



Move | Play | Compete



Saturday, January 25th
Saturday, February 15th
Saturday, March 14th



10:30AM-2:30PM
Free Lunch Provided



**Kwantlen Park
Secondary School**
10441 132 St,
Surrey, BC V3T 3V3



Registration Link:

<https://aboriginalsportbc.wufoo.com/forms/z46nwis1qtjvtp/>



You are invited to attend three sessions of the
**Indigenous Athlete
Performance Program**



Are you an Indigenous athlete age 13 to 18? Are you heading to the North American Indigenous Games or the BC Summer Games? Or do you just want to push yourself to the next fitness level?! Join us once a month this winter for free fitness testing, an introduction to a strength and conditioning program, and basic dry-land training!

EVENT INQUIRIES:

Alana See
Manager - High Performance Services
PacificSport Fraser Valley



Phone: 778-870-3777



Email: asee@pacificsport.com

Interested in hosting a Sport Development Camp, Coaching Certification Course, and/or Officials Training Session in your community?

Contact I-SPARC Regional Coordinator: Fraser Region
Alana Cook (acook@isparc.ca)



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