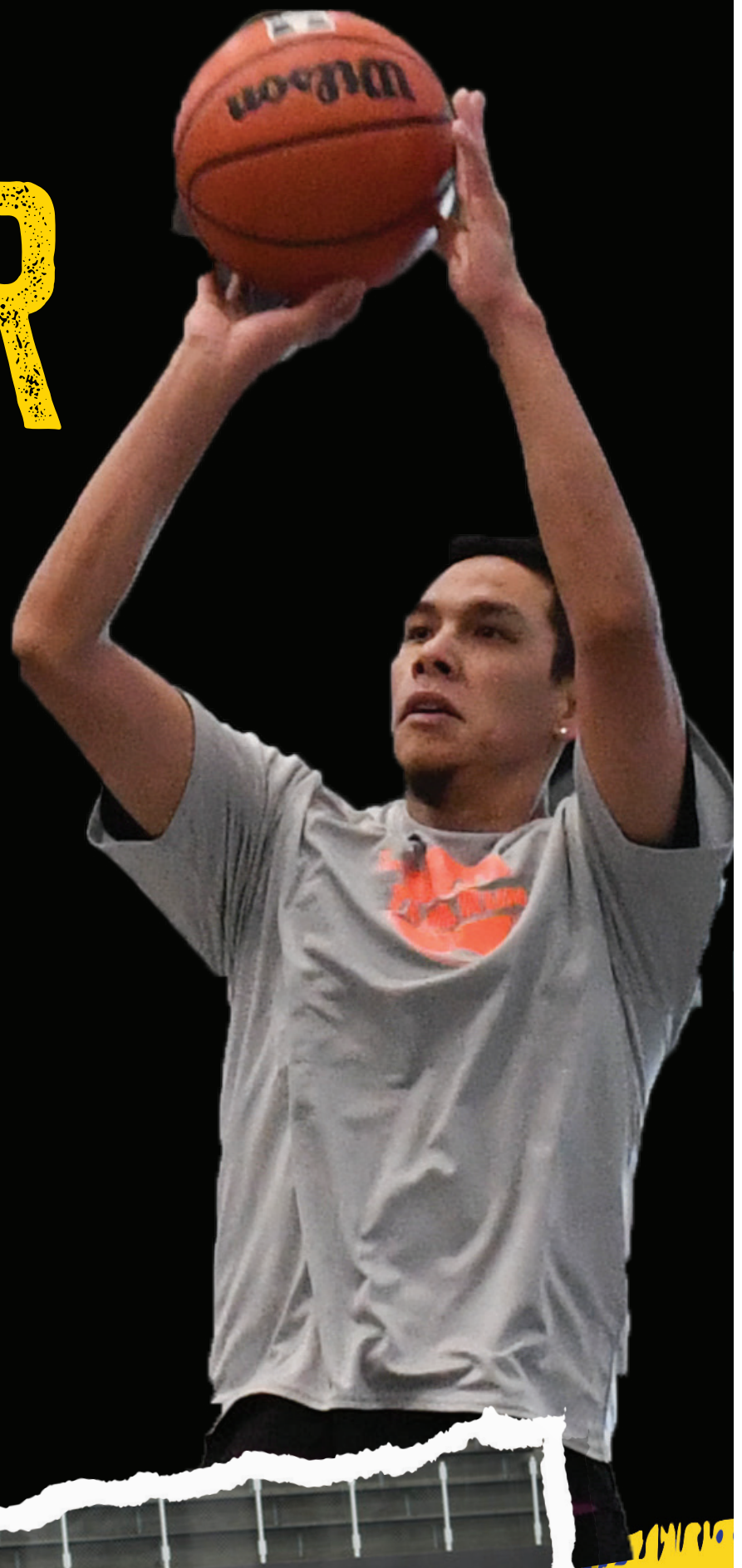


WOULD YOU LIKE TO TEST YOUR FITNESS LEVEL? SAT. SEPT. 20

The 7 Chiefs Champions program invites all Indigenous athletes aged 10 – 21 years of age to challenge yourself and track your fitness level over the year. Test your fitness level starting with September 20 and track it from that date forward.

You will work with Canadian Sport Institute of Alberta coaches to set up your goals and track your fitness.

This test is offered for multiple sports and/or specifically for hockey fitness levels. Your choice depends on the sport(s) you are actively engaged in and want to track.



MULTI-SPORT:

☐ Saturday, September 20
9:30 am – 12:00 noon

HOCKEY-SPECIFIC:

☐ Saturday, September 20
11:15 am – 1:45 pm



Fitness Testing will be held at the
SEVEN CHIEFS SPORTSPLEX
&
CHIEF JIM STARLIGHT CENTRE



**REGISTER
HERE TO
PARTICIPATE**

