

Coaches' Corner, Thursday, September 13, noon sharp - 12:30 at Fogg n Suds. Topic: **Dynamic Warm up with Meghan Drew**. Call me to register 828-3583.

Field Testing with PacificSport Exercise Physiologist, Liz Johnson - Friday, September 14, 6:00 - 9:00 pm, Pacific Way Elementary (for coaches), a-nd Saturday, Sept. 15 by appointment for athletes and coaches, same location. Call Sandi to register 828-3583

Video Analysis with PacificSport Biomechanist, Dr. Allan Wrigley - Wednesday, Sept. 19, 8:30 am - 4:30 pm, Sports Action Lounge, Interior Savings Centre. This will be a hands-on workshop taylorred to the needs of the participants. Please bring your own video camera and/or laptop if you have them. If you don't have them, it's fine, we'll be sharing. Call Sandi to register 828-3583.

NCCP Competition A Coaching Clinic, Saturday Sept 22 9:00 am - 5:00 pm and Sunday, Sept 23, 9:00 am - 3:00 pm, South Kamloops Sr Sec Library. Register through Parks and Rec 828-3500 ID#90191.

XploreSportz Pro-D Day Camp, Friday, Sept.21 8:30 am - 4:30 pm at Lloyd George Elementary School. These camps give children aged 7 - 12 the opportunity to try different sports in a positive and friendly environment where the focus is fun! \$25 per child. Register through Parks and Rec 828-3500 ID#97531.

CABC Coaches' Week Reception - Monday, September 24th, noon - 2:00 at the TRU Campus Activity Centre. All coaches are invited to attend this reception, which will feature special guests and speakers as well as highlighting coaches in the community. Reservations are required. Please RSVP to info@coaches.bc.ca with Kamloops in the subject line and provide your name and sport affiliation.

Practical Nutrition, Eating on the Road with Rhonda Eden - Thursday, Sept. 27, 6:30 - 8:00 pm at TRU room OM 1772. Call Sandi to register 828-3583.