



EVENT INFORMATION

Alberta Men's Provincial Training Camp & P3 Session

- HOST:** Gymnastics
- EVENT LOCATION:** Gymnastics
160, 7260-12 St SE
Calgary, AB
- DATES:** **P3 Session -** December 11, 2010
Provincial Camp - December 12, 2010
- CONTACT:** Derek Hanson **Ph.**403-212-5728 or mag@abgym.ab.ca
- ELIGIBILITY:** All male AGF Registered Provincial Stream Athletes.
Provincial Level 1 – 3 (all categories)
(Please refer to the Men's Technical handbook for clarification.)
- TESTING CRITERIA:** Please refer to the Physical Preparation Program Manual
- ENTRY FEE:** \$60.00 per athlete for P3, \$50.00 per athlete for Training Camp
or \$100.00 for both P3 Testing and Training Camp.



REGISTRATIONS DEADLINE: **Wednesday, DECEMBER 1st, 2010**

TENTATIVE SCHEDULE

Saturday, December 11th, 2010

Provincial P3 Testing

9:00 am	Warm-up
9:15 am	P3 Strength
11:15 am	P3 Flexibility

Sunday, December 12th, 2010

Training Camp

9:00 am – 12:00 pm	Training Camp Session
12:00 pm	Depart

Please note: all Alberta Provincial Stream Level 1-3 athletes will be required to attend at least ONE P3 session in the 2010-2011 season if they wish to become eligible for provincial ranking within the current competitive season.



Alberta Gymnastics Federation

**P3 Session & Provincial Training Camp
December 11 & 12, 2010
Gymtastics
Calgary, Alberta**



Club Name: _____ Address: _____

Club Contact: _____ Phone: _____

Entry Fees:# of athletes _____ @ \$60.00 per athlete for P3 = _____

Entry Fees:# of athletes _____ @ \$50.00 per athlete for Provincial Training Camp = _____

Entry Fees:# of athletes _____ @ \$100.00 per athlete for both = _____

TOTAL = \$ _____

Entry Deadline: WEDNESDAY, DECEMBER 1st, 2010

***All registration forms must be complete and include full payment.**

For entries received by fax, payment must be received by the registration deadline or late fees of \$20.00 per person will apply.

***Registrations will not be accepted after the stated deadline. Please place the BIRTH YEAR of each athlete in the respective category.**

<i>Name of Athlete (s)</i>	<i>(8&U) 2001-2002</i>	<i>(10&U) 1999-2000</i>	<i>(12&U) 1997-1998</i>	<i>(13&O) 1996 & earlier</i>	P3	Training Camp	Both

Coaches Attending (please indicate which part of the weekend you will be attending)	Training Camp	P3 Testing	Both

Return completed form to: Alberta Gymnastics Federation
#207, 5800-2nd Street SW
Calgary, Alberta T2H 0H2
E-mail: info@abgym.ab.ca