



EVENT INFORMATION

Alberta Men's Provincial P3 Session

HOST: Canmore Illusions Gymnastics Club

EVENT LOCATION: Canmore Illusions Gymnastics Club
1900 8th Ave
Canmore, AB,



DATES: **P3 Session - June 6, 2010**

CONTACT: Kelly Mock **Ph.** 403-678-4466
Janey McPhalen **Ph.** 403-212-5728

ELIGIBILITY: All male AGF Registered Provincial Stream Athletes.
Provincial Level 1 – 3 (all categories)
(Please refer to the 2009-2010 Men's Technical handbook for clarification.)

TESTING CRITERIA: Please refer to the Physical Preparation Program Manual

ENTRY FEE: \$60.00 per athlete

REGISTRATIONS DEADLINE: **FRIDAY, MAY 28th, 2010**

SCHEDULE

Sunday, June 6th, 2010 **Provincial P3 Testing**

10:00 am	Warm-up
10:15 am	P3 Strength
12:15 am	P3 Flexibility

Please note: all Alberta Provincial Stream Level 1-3 athletes will be required to attend at least ONE P3 session in the 2009-2010 season if they wish to become eligible for provincial ranking within the current competitive season.



Alberta Gymnastics Federation

P3 Provincial Session
June 6, 2010
Canmore Illusions Gymnastics Club
Canmore, Alberta



Club Name: _____ Address: _____

Club Contact: _____ Phone: _____

Entry Fees: # of athletes _____ @ \$60.00 **TOTAL = \$** _____

Entry Deadline: FRIDAY, May 28th, 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>

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

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

