

**CCSAM High Performance Program  
2007 Spring Fitness Test Camp**

**Date:** Saturday June 2, 2007 (full day)

**Location:** Winnipeg – the Forks & Sport Manitoba (200 Main St.)

**Cost:** \$20.00

**Eligibility:** Open to all Midget through Senior (12 – 21 years old) cross country ski athletes. Space is limited. CCSAM High Performance Program athletes will be given first preference.

This is a one-day fitness test camp that will include a 1000m & 3000m time trial run and a CCC strength test. Also included will be a brief discussion on the CCSAM High Performance program and an overview of the 2007-08 Athlete Score Card.

Club coaches and parent volunteers are welcome! Please contact Rob Kirchmann if you would like to assist at the camp (204) 237-3950 [kirch@mts.net](mailto:kirch@mts.net)

**What to bring:**

- Running shoes
- Appropriate indoor & outdoor running gear
- Water bottle – and water or sport drink
- Bag lunch/snack food
- Waiver/parent consent form