



TRACK AND FIELD / ROAD RUNNING CROSS COUNTRY

**Team Manitoba - Athletics
2007 Western Canada Summer Games
Prep Squad Meeting
May 28, 2006
1:00pm-4:00pm
Empower Lifestyle & Conditioning
#7-1109 Wilkes Avenue**

AGENDA

1:00pm - 1:25pm	Introductions and Information
1:30pm - 2:30pm	Group 1 - Core Stability Group 2 - Goal Setting
2:30pm - 2:45pm	Break
2:45pm - 3:45pm	Group 1 - Goal Setting Group 2 - Core Stability
3:45pm - 4:00pm	Wrap up and event group meetings

Athletics WCSG Staff List

Wayne McMahon: co-Head Coach, Jumps, Multi Events
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