

 **WEELCHAIR RUGBY CLINIC – Saturday September 27, 2014**

Do you have an eagerness to learn about the exciting sport of Wheelchair Rugby? Are you new to the sport with a desire to grow? Perhaps a current player wanting to hone your skills? Be sure to register for the upcoming clinic!

The clinic is open to all ages, skill levels, and abilities.

Saturday September 27, 2014 – Youth For Christ, 333 King Street, Winnipeg:

9:00 am – Arrival/check-in.

9:30 am – 10:15 am - Sport Psychology, intro level.

10:30 am – 11:15 am – Sport Physiology, intro level.

11:30 am – 12:15 pm – Sport Nutrition.

12:15 pm – 1:15 pm – Lunch (will be provided).

1:30 pm – 5:00 pm – Skills & Drills, Chair Maintenance, Game Playing.

2:30 pm – Rules of the game presented by Wheelchair Rugby Officials Jeff Hurtig and Robert Fisher.

Clinic cost - $25.00 for MWSA members, $45.00 for non-members.

Registration deadline – Thursday September 25, 2014. Contact MWSA at 204 925 5790, mwsa@sportmanitoba.ca to register or if you have questions.