



2017 Canada Summer Games – Team BC Preparation Camp

Who: Athletes selected to Team BC for the 2017 Canada Summer Games

Date: Sunday June 25, 2017

Time: 10:00am – 3:00pm

Location: [Fortius Sport & Health](#); 3713 Kensington Ave, Burnaby, BC, V5B 0A7

Online: Via Webinar

Lunch: To be provided

Register: <https://www.cognitoforms.com/BCAthletics1/BCAthleticsCanadaSummerGamesPreparationCamp>

Agenda

10:00am – 11:00am - Canada Summer Games Overview

[Presented by [Jennifer Scott, TeamBC Mission Staff](#)]

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11:00am – 12:30am - Mental Performance Presentation/Workshop

[Presented by [David Freeze, Mental Performance Consultant](#)]

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12:30pm – 1:00pm Lunch Break [Catered by the Bistro @ Fortius]

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1:00pm – 2:00pm Nutrition – “Fueling for Success”

[Presented by [Jennifer Rogers, Registered Dietician](#)]

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2:00pm – 3:00pm Recovery & Regeneration

[Presented by [Philippe Saucier, Certified Athletic Therapist, SportMedBC](#)]

For any questions please contact Chris Winter, Technical Manager, BC Athletics – Chris.Winter@bcathletics.org