



Come join us at Functional Testing in Victoria!

When: December 3, 2017

Where: Victoria High school – Roper Gym (1260 Grant St. Victoria, BC, V8T 1C2)

| | | |
|------------------|----------------------------|--------------------|
| Schedule: | Session 1- 10:00am-11:30am | 30 spots available |
| | Session 2- 11:30am-1:00pm | 30 spots available |
| | Session 3- 2:00pm-3:30pm | 30 spots available |

Functional testing is a set of 18 tests used to test and track an athlete's fitness level, exercise form, flexibility, and functional movement patterns. Attending the testing is a key part of your sport training and is a useful tool that can help you improve no matter what sports you participate in. Plus, the testing day is guaranteed to be a lot of fun!

Please register for your free session ticket at the link provided:

<https://www.eventbrite.ca/e/functional-testing-victoria-tickets-39340906711>

Ticket Instructions: Click or copy the link above into a web browser then click the green "register" button on the right. This will bring up the ticket screen. Select a ticket for the session the athlete would like to participate in. After selecting a ticket, please fill out the athlete's name and appropriate (the ticket will be sent to this email address). After completing registration, an e-mail will be sent to you with a PDF containing all of the information for your testing session.

If you need to change your session time or have any questions, please contact Helen Cheung by e-mail (hcheung@specialolympics.bc.ca) or phone (604-737-3055).

****Remember to come in athletic shoes, proper sport attire and bring a water bottle!**