



COULD IT BE YOU?

Find out if you're Canada's next Olympian

SASKATOON LOCAL QUALIFIER

Prairie Land Park, Hall C

503 Ruth Street W, Saskatoon, SK

SATURDAY MARCH 17, 9:00am – 2:00pm

**HELP DISCOVER CANADA'S NEXT GENERATION
OF OLYMPIC ATHLETES**

RBC Training Ground is here – a day of physical challenges for athletes to showcase their podium potential. Athletes will compete in four exercises that include:

POWER: Vertical Jump – to assess the explosiveness of the lower body

SPEED: 10/30/40 Metre Sprint – to assess running velocity

STRENGTH: Isometric Mid-Thigh Pull – to assess general full-body muscular strength

ENDURANCE: 20 Metre Multi-Stage Shuttle Run – to assess general full-body endurance

Athletes who meet or exceed performance benchmarks set by national sport officials will be invited to attend the RBC Training Ground regional final where they'll compete for a chance to receive funding and support to fuel their passion and ambition towards Olympic glory.

Find out more at RBCTrainingGround.ca