






Date	Event	Comment
November 25 <sup>th</sup>	Canada Games Group (CGG) fitness testing	Set physiological and anthropometric tests at Dalplex at 5:15pm. Permission sheets must be submitted at arrival.   Rowing testing protocols.xls  Dal fitness testing Waiver.doc  PAR-Q.pdf
December 4 <sup>th</sup>	CGG Nutrition Session	 presentation pre-assesement forr  Sports Nutrition Quiz.doc  4:30-6pm Sport Nova Scotia Building, 5516 Spring Garden Road, 4 <sup>th</sup> Floor
December 13 <sup>th</sup>	CGG Mini Camp	Session #1 will be 7-9am (approximately). This session will include proper ergometer warm up and 6km erg trial. (to be submitted to Rowing Canada) Session #2 will be a technical session including recovery/technical erg etc.
December 16 <sup>th</sup>	CGG Mental Training Session	This is the first session on Mental training that we will have as part of our preparation for Canada Games. 5pm @ Sport Nova Scotia (Classroom)
December 21-Jan 2 <sup>nd</sup> (inclusive)	No group training	This is our group Christmas break. Your coaches may schedule workouts during this time. Please ask them for your training schedule.
January 3 <sup>rd</sup>	CGG Mini Camp	Session #1 will be 7-9am (approximately). This session will include proper ergometer warm up and 6km erg trial. (to be submitted to Rowing Canada) Session #2 will be a technical session including recovery/technical erg etc.
Jan 29 <sup>th</sup>	CGG Nutrition Session	Sport Nova Scotia Building, 5516 Spring Garden Road, 4 <sup>th</sup> Floor
Jan 30 <sup>th</sup>	CGG Mini Camp	The session will be dedicated to practice preparation for athletes for the Atlantic Indoor Championships. Proper warm up will be completed, nutrition will be covered and overall questions about how to prepare and succeed at/for the event will be analysed.
Feb 1 <sup>st</sup>	Atlantic Indoor Championships	Location TBA. Athletes will compete over 2km on the ergometer. Score to be submitted to Rowing Canada.
March 14 <sup>th</sup>	CGG Erg Trial	A 6km erg trial will be completed and submitted to Rowing Canada. Format will be similar to previous testing opportunities at the mini camps.
March 16-21 <sup>st</sup>	CGG March Break Camp	Exact format will be announced but this camps objective is to allow the athletes to have several intensive sessions that will improve their skills and fitness quickly.
April 25 <sup>th</sup>	CGG Mini Camp	Session #1 will be 7-9am (approximately). This session will include proper ergometer warm up and 6km or 2km erg trial. (to be submitted to Rowing Canada) Session #2 will be a technical session including recovery/technical erg etc.