

GRIZZLIES

SPRING/SUMMER PROGRAM

Advanced Competitive: This is a dedicated group (T2T, Jr) with a specifically designed world-class training program. Athletes will train in preparation for the race season while having fun together.

When: April 20-August 31, 2020. Schedule for July will be modified and individualized due to camps and summer holidays.

Where: Canmore Park, 3236 19 Street NW, Calgary.

What: Mondays & Thursdays (6:00-8:00pm): dryland + core/weights

Wednesdays (6:30-7:30 pm): dryland

Saturday/Sunday: Variety of long bike rides (road, mountain), hiking in nearby mountains, or inline skating

Who: Tonny de Jong-Knoll and assistants

More information and details on our website YYCspeed.ca

***Calgary Grizzlies - Proud Recipients of the Speed Skating Canada
2019 Intact Insurance Club Excellence Award***