

Canada Games Training Activities Program Requirements

- 1) Club Training Sessions per week: Minimum of 1 at registered home club
- 2) Team Canada Training per Month: 2 (**Second and fourth Friday of each month**)
- 3) Training Camps:
*All designated Team Canada Camps (as scheduled and some are combined with the provincial team).

Dates:

February 26/27, 2022
April 16/17, 2022
June 11/12,22 and 25/26, 2022
August 22 to 26, 2022
October 22/23,2022
November 26/27, 2022
February 11/12, 2023

- 4) Minimum individual lessons provided by Canada Games Coach: **10**
- 5) Minimum individual lessons provided by the Club Coach: **TBD**
- 6) Competition Participation: **See selection criteria requirements**
-Other designated competitions as recommended by the Canada Games Coach and Club Coach as well for training purposes. **See Annual Provincial Team Competitions Program for the seasons 2021-2022 and 2022-2023**
- 7) Athletes who are running for the **Canada Games** will be expected to take part in supplementary conditioning, training, nutrition, armouy, and sport psychology sessions throughout the fencing season. These sessions have proven to be essential in assisting our athletes to compete successfully in competitions. (**These sessions will be organized during the training camps**)
- 8) Participation to the different **Anti-Doping Workshops** organized by Sport Manitoba Canada Games Program Team.
- 9) Participation to meetings prior to the Games Preparation organized by MFA.
- 10) Attendance to Canada Games trainings and training camps must be over 80% presence. In case of force major, the athletes are excused.

*Updates to this document will be communicated on the MFA website