



145 Pacific Ave
Winnipeg MB R3B 2Z6

Training Schedule for Provincial Team MARCH 2010

The nationals are coming up March 19th and all athletes training for those nationals and future ones should attend. The people not attending this national tournament can really assist those attending as well as further your own development. Both your support and the co-training will help prepare these years' athletes.

Schedule is as follows:

~~March 5th, Friday, Glenwood Community Centre, 27 Overton St.~~
FRIDAY TRAINING ONLY CANCELLED

March 6th, Saturday, 5924 Roblin Blvd, Charleswood dojo
1:00 to 2:00 - nutritional information from a specialist
2:00 to 4:00 - training

March 7th, Sunday, 5924 Roblin Blvd, Charleswood dojo
10:00 to 12:00 - training

Anyone from out of town can train at 5924 Roblin, Charleswood Karate, from 11:00 to 12:30 if they would like.

Please confirm which days you will be attending - this schedule is not absolute however, we would like to know the numbers planning to attend each day so we can make plans accordingly.

April: these dates are to be confirmed.

Regards,
Sensei Ron Porath & Sensei Angelo Mendoza - Team Coaches