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Planning for Zone 1 Summer Games

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Zone 1 Co-ordinator

The Weyburn Gym Club will be hosting a Level 1 trampoline clinic on Saturday, September 16. The course will be a total of nine hours and will be held at the Weyburn Junior High School. If anyone is interested, please contact Vern Wiggins at 306-722-3656 in Fillmore.

A six-year study in Quebec showed that children who participated in five hours of sport per week achieved significantly higher marks than children who did not participate. (Canadian Medical Association Journal, 1992).

The Zone 1 Summer Games will be held in Weyburn from August 17. Sports featured include: golf, tennis, soccer, flat-water kayaking, basketball, bowling, horseshoes, beach volleyball and Special Olympics events. Sports that are not yet confirmed are: cycling, air pistol/air rifle, and swimming. The registration fee is \$5 per participant. For more information or to register, please contact the City of Weyburn Recreation Department at 848-3217. Registration deadline is Tuesday, Aug. 15.

The Saskatchewan Sport Science Program is designed to provide Saskatchewan coaches and athletes access to professional sport science workshops, seminars and consulting. Areas of expertise include mental training, exercise physiology, sport nutrition, sport medicine and biomechanics. The workshops, seminars and consulting services are free, and are available to all Saskatchewan High School Athletic Associations. If you have any questions or if you are interested in hosting a workshop in the fall, please contact the Zone 1 office at 306-429-2205.