



NOTE FROM TEAM ALBERTA ATHLETICS HEAD COACH, MARIE POWELL

Team Alberta Athletics held their training camp on Nov 17-19. Athletes, coaches and mission staff from Edmonton, West Central, Red Deer and Vegreville met in Calgary for a weekend full of learning, exercise and team bonding activities.

Athletes arrived at SAIT Friday evening for homemade pasta dinner and team discussions. When they were asked what they like most about Special Olympics, athletes provided descriptions including 'team bonding', 'belonging', 'caring', 'being one family' and 'running'. Athletes made personal flags that represented who they are and shared them with the team.

Saturday started with a hearty breakfast, followed by goal-setting, personal profiles and uniform fittings. Then the team joined forces with Team Alberta swim team to enjoy a valuable strength and conditioning session with ASDC – Thank you, Kristaps!

The afternoon was spent with fitness testing at Repsol Centre where team members gave it their all to achieve challenging benchmarks. Twelve minute run. This team conquered it!

Back at SAIT that evening, athletes shared their favourite meals during a nutrition discussion before joining the swim team once again for healthy choice pizza and salad dinner together. Once that was done, athletics went back to their own area to talk about ACHIEVE, Team Alberta's acronym. They made team bracelets, choosing words they felt captured the essence of Team Alberta for them: "Pride", "Believe", "Track", "Do My Best", "Team".

Sunday morning, the team went back to Repsol Centre for a yoga session that taught poses for activation prior to and after an athletics workout. We thank Kate Zia for the informative, relaxing session she hosted for us. Here are some of the comments athletes put on their door poster during the weekend to capture the weekend:

- "I love representing Alberta".
- "respect, fun, hard work, leadership"
- "sportsmanship, dedication, encouragement, team-building"

During the weekend, the Athletics team came up with their team cheer:

**"We are fast, we are strong.
We are blue... here we come!"**

A big thank to everyone who helped make the camp such a terrific experience. Go Team Alberta!

Thank you very much, team partner!

Marie Powell