



www.flatwaternorth.ca

Welcome to Flatwater North

We actively promote and provide opportunities to enjoy, participate and excel in flatwater paddle sports for all Yukoners

Fall Winter Warrior Program

Time	Days	Location	Coach
4:30 – 5:30 pm	Tuesday & Thursday	Canada Games Center	Dan Girouard



Flatwater Yukon’s Fall Winter Warrior Program will be offered every Tuesday and Thursday. Not only is this training program “the meat and potatoes” of the training year for our Sprint athletes, it is a great way to cross-train for individuals involved in other sports.

This program is an introduction to a structured training program which builds participants increase in mobility, strength, endurance, reactive, and movement training. Participants will also learn effective goal setting, as the program aims to develop not only strong athletes but strong minds.

The Fall Winter Program is open to anyone ages 11 and up. This program is especially important for athletes planning to attend upcoming Spring Training Camps. We encourage ALL to join, if you have any questions please email info@flatwaternorth.ca

Equipment List

What to Bring:

- A healthy snack
- Water bottle
- Sturdy running shoes
- Workout cloths

What NOT to bring:

- Pop
- Glass containers
- iPods or video games. You will be having too much fun anyway!
- Money or other valuables.FPY does not take responsibility for lost or stolen items
- Weapons (real or fake)



Dan Girouard

Executive Director/Head Coach

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