

FOR IMMEDIATE RELEASE
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Looking for Future Olympic Stars with RBC Training Ground Regional Qualifier

Kamloops BC – On February 18th, RBC Training Ground is back in Kamloops – a talent identification and athlete funding program designed to uncover athletes with Olympic potential and provide them with the high-performance sport resources they need to achieve their podium dreams.

It is a day of physical challenges for athletes, ages 14-24, to showcase their podium potential. To find out if they've got what it takes to be Canada's next great Olympic athlete, athletes will compete in four exercises that include:

- **POWER:** Vertical Jump – to assess the explosiveness of the lower body
- **SPEED:** 10/30/40m Sprint–to assess running velocity
- **STRENGTH:** Isometric Mid-Thigh Pull–to assess general full-body muscular strength
- **ENDURANCE:** 20m Multi-Stage Shuttle Run–to assess general full-body endurance

Those who meet or exceed performance benchmarks set by national sport officials will be invited to attend the RBC Training Ground provincial final at the Richmond Olympic Oval, April 7th, where they'll compete for a chance to receive funding and support to fuel their passion and ambition towards Olympic glory! It is FREE for athletes to participate; however, pre-registration is required.

RBC Training Ground - Regional Qualifier
Sunday, February 18th, 2018
Tournament Capital Centre (TCC), Kamloops
8:00am - 2:00pm
REGISTER AT: www.rbctrainingground.ca

RBC has partnered with the Canadian Olympic Committee (COC), the Canadian Olympic Foundation (COF), CBC Sports and the Canadian Olympic Paralympic Sport Institute Network (COPSIN) to run the program. There are 32 Regional Qualifying events across Canada, 6 in BC, and 6 Provincial Event Finals (Vancouver, Calgary, Winnipeg, Toronto, Montreal & Halifax).

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