



# THE NEXT GREAT OLYMPIAN IS AMONG US.

**ST. JOHN'S NEWFOUNDLAND LOCAL QUALIFIER**

**NEWFOUNDLAND AND LABRADOR SPORTS CENTRE**

**APRIL 15, 10AM-4PM**

**HELP DISCOVER CANADA'S NEXT GENERATION  
OF OLYMPIC ATHLETES**

RBC Training Ground is here – a day of physical challenges for athletes to showcase their podium potential. To see 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 measure the explosiveness of the lower body

**SPEED: 10/30/40 Metre Sprint** – to evaluate running velocity

**STRENGTH: Isometric Mid-Thigh Pull** – to gauge muscular strength and power

**ENDURANCE: 20 Metre Multi-Stage Shuttle Run** – to assess general full-body aerobic power

Athletes who meet or exceed performance benchmarks set by national sport officials will be invited to attend the RBC Training Ground regional final where they'll compete for a chance to receive funding and support to fuel their passion and ambition towards Olympic glory. Five \*Top performers will get the ultimate sport experience – a trip to the PyeongChang 2018 Olympic Winter Games.

Help discover Canada's next generation of Olympic athletes by encouraging them to apply at [RBCTrainingGround.ca](http://RBCTrainingGround.ca)

\*Top performers will be determined based on official rules + regulations which can be viewed at [RBCTrainingGround.ca](http://RBCTrainingGround.ca)