



## **Sport North Supports École St Patrick High School Sport Initiative**

YELLOWKNIFE NT, June 17<sup>th</sup>, 2015 - École St Patrick High School Sport School will be starting next school year (2015/2016).

The sport school will offer Territorial Sport Organization athletes the opportunity to develop their speed, strength and agility through weight lifting, running, agility exercises, nutrition and sport psychology.

The Sport School will help the club programs so that individual sports can focus more on their skill development and less on fitness & strength training. Ultimately, this benefits Team NWT athletes who will represent our territory at the Canada Games, Western Canada Summer Games, and Arctic Winter Games.

“We are very excited about this initiative, it should provide a great opportunity for athletes in the North who are looking for that edge” stated Todd Stewart, Assistant Principal, École St Patrick High School

Coleen McDonald, Principal at St. Pat’s stated that she is proud that both Yellowknife High Schools are supporting our elite athletes and club programs in the same manner.

École St Patrick High School will be holding an information session in their gymnasium on June 23, 2015 at 7:00 PM. We encourage all interested members to participate.

For more information contact:

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***Sport North – Promotion and Development of Amateur Sport in the Northwest Territories***

