

Fitness Tips! Article on Sports Nutrition for young Athletes!
<http://www.cps.ca/documents/position/sport-nutrition-for-young-athletes>



Submit your favorite sports & fitness related articles or quotes... If we end up using it we will send you an Ignit gift Certificate!!



Submit

Get ready for upcoming season...

Gain the competitive edge?

Increase speed, agility & strength
(ADD LINK)

Improve your game?

Check out our coaching series lessons for your specific sport
(ADD LINK)

Do one or both @ 50% off!!

Back to School Special ****

Learn more...

New Coaches, lessons & Sports!!

Lacrosse – Fern Kidder (Link)

Football Kicking – Nick Reggio (link)

Volleyball – Racheal Ray (link)

Introducing... Ignit Jr.

a fun program for 4-8 year olds! Learn more, check out Ignit's website at (add link)

Upcoming Events

[Ignit Volleyball announces Tryout Dates](#)

[\(link\)](#)

U10-U11 Developmental program

[\(Link\)](#)

U12-U18 National/ Regional program details

[\(Link\)](#)



3v3 hoops tournament

Who's got Game

Aug 13th

[\(link\)](#)



Basketball tryouts

Aug. 20-21

[\(link\)](#)



Baseball tryouts – 8/27/16

Demand for baseball tryouts

has remained high – In response we are adding a new Tryout Date!

[\(link\)](#)

College Recruiting Seminar.... Free

August 30th

Come hear from experts what it takes to be recruited!

Click here to signup so So we know you are coming.

[\(link\)](#)

Interested in Joining an Ignit Competitive Team?

[Basketball \(link\)](#)

[Baseball \(Link\)](#)

[Volleyball \(link\)](#)

