

## 2011 Canada Games Athlete Commitment

Activity	Commitment		
	Summer 2009	2009-10 Season	2010-11 Season
Mentor Sessions		1/wk	1/wk
Match Play (uncoached)		2/wk	2/wk
Clinics	Yes	Yes	
Fitness Training (uncoached)	Fitness Diary: minimum 100,000 steps/wk		
Non-Physical Training Sessions		Nutrition	Mental
Physiological Testing		1	1
Tournament Play (Squash PEI Sanctioned)		PEI Open + 3 (min) others	2 (min) from Sept-Dec
Tournament Play (Atlantic Junior Jester)		Yes	Yes
Tournament Play (Jr. National Champ)		If Selected	
Canada Games Rallies			TBA
Fundraising			TBA