



We acknowledge that our water is sourced from Shoal Lake 40 First Nation. We are gathered on Treaty one land, les terres sur lesquelles nous sommes rassemblés aujourd'hui font partie du territoire traditionnel des personnes Anishinaabeg, Ininiwak, Anishininiwak, Dakota, et Déné, et de la patrie de la nation métisse de la Rivière Rouge.

We stand with the Indigenous community and commit to building an ongoing process of reconciliation, collaboration, and resurgence. Nous restons déterminés à travailler en partenariat avec les Premières Nations, Inuit et Métisses dans un esprit de vérité, réconciliation et collaboration.

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## **Friday Announcements – May 22**

### **Day 1**

Calling all students interested in improving their overall speed and athleticism! Next Tuesday at 3:45 pm on the track and tennis courts, there will be the first of two GC Speed and Agility Training Sessions hosted by Alex Janzen and Mr. Pereira. Come learn techniques to improve your speed and quickness using the agility ladder, plyo boxes and simple plyometric exercises. Use the sessions to shape your summer training to come back in September an improved athlete. The weather will be warm, so bring water and wear proper footwear! All students are welcome to join!