



**ATHLETE
DEVELOPMENT
PATHWAY
PROGRAM**

Welcome 7CChampions Athletes!

NEWSLETTER

THIS WEEK IS ALL ABOUT BUILDING ATHLETICISM, PHYSICAL LITERACY, AND HAVING FUN. HERE'S WHAT'S HAPPENING IN THE PROGRAM:

“

*In the strength of our roots,
we rise as champions—
building the future of our
people through resilience,
unity, and the power of sport.*

FITNESS TESTING RECAP

On Saturday, September 28 in the Field House, our athletes participated in fitness testing with the Canadian Sport Institute Alberta. The tests included beep tests, stature testing, isometric mid-thigh pulls, and height measurements. These assessments are a great way to track progress, improve performance, and build a foundation for future athletic success. We're proud of all our athletes who showed determination and resilience!



PROGRAM HIGHLIGHTS

Open to Indigenous youth ages 7-21, the Athletic Development Pathway Program offers young athletes the chance to learn from high-performance athletes and coaches, who are here to guide and mentor participants each week based on the theme of the week. This unique opportunity helps you develop your skills, build confidence, and work toward long-term participation and success in sports.

Join us every week to take the next step in your athletic journey and train alongside professionals who are committed to your growth.

Upcoming Sport Sessions: Basketball Week!

Wednesday (Ages 13-21)

Thursday (Ages 7-12)

Time: 4:30 PM - 6:00 PM

Location: 7Chiefs Sportsplex Field House

It's time to hit the courts! This week, we're focusing on basketball, led by professional coaches who will help you sharpen your technical and tactical skills. Whether you're new to basketball or looking to refine your abilities, there's something for everyone. Don't miss out on this chance to improve and have fun with your teammates!





**ATHLETE
DEVELOPMENT
PATHWAY
PROGRAM**

Welcome 7C Champions Athletes!

NEWSLETTER

The place where all
Indigenous Youth can
thrive through sport.

We would like to extend a heartfelt thank you to the incredible teams and individuals who have already come out to support our young athletes:



Calgary Wild FC for their guidance in soccer development, helping our athletes build their skills and love for the game.



Alberta Lacrosse Association, Calgary Shamrocks for sharing their lacrosse expertise and bringing enthusiasm to our sessions.



Caltaf Athletic Association for providing valuable track and field training, inspiring athletes to push their limits.



Canadian Sport Institute Alberta for their role in our fitness testing, offering crucial assessments to help our athletes progress.



Brent Dodginghorse for leading our Indigenous team-building sessions, deepening the cultural connection that is embedded throughout the program and inspiring the next generation of Indigenous athletes.

These professionals bring not only their elite skills and experience but also the passion, discipline, and mindset it takes to succeed in sports. Learning directly from them gives our athletes a unique chance to see firsthand what it takes to excel and helps them aspire to reach their own goals—both on and off the field.

Thank you for being part of the journey to building future champions!



NO COST TO JOIN

WEEKLY ORGANIZED PROGRAM
Ages 13-21: Wednesdays 4:30-6:00 pm
Ages 7-12: Thursdays 4:30-6:00 pm



JOIN NOW

7cchampions@tsuutina.com

Follow our progress and see photos from our sessions on facebook and Instagram:
7 Chiefs Champions - Athlete Development Pathway

