



**2019 - 2020**

# **Junior Provincial Squash Team Try-Outs**

**2km/3km/4km/5km - Timed run all athletes are expected to complete the run**

**Beep Test - What Is It? The beep test is a standard fitness test used to test cardiovascular fitness. The beep test involves running back and forth between two markers at 20m apart at an increasing pace as indicated by audio beeps.**

**Your fitness level will then be calculated based on how long you can keep the pace. An audio beep and visual cue will indicate marker and stage changes.**

**Matches - Each athlete will play a minimum of 2 best out of 3 matches (maybe more). Matches are best 2 out of 3 games.**

**Friday, September 13**

**5:45pm - 6:45pm**

**U11 - 2km Run**

**U13 - 3km Run**

**U15 & U17 - 4km Run**

**U19 - 5km Run**

**20 Lyndale Drive (Rowing Club)**

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**Saturday September 14**

**Beep Test & Matches**

**10:00 am—1:00 pm**

**U19/U17/U15/U13 & U11**

**Winnipeg Winter Club**

**Please register by**

**Friday September 6, 2019**

**by calling Squash MB at 925-5661**

**or email at**

**[squash@sportmanitoba.ca](mailto:squash@sportmanitoba.ca)**

**Team selection will be based on team try-outs and past performances.**

**Try-Out Fee: \$20.00**