



FOR IMMEDIATE RELEASE

TEAM SOUTH WEST 2010 PEP RALLY

Moose Jaw, SK - The South West District for Culture, Recreation and Sport Inc held their PEP RALLY on Sunday February 7th, 2010 from 11:00 am – 2:00 pm at Moose Jaw SIAST campus in preparation for the 2010 Saskatchewan Winter Games which will be held in Moose Jaw February 14th – 20th, 2010.

Lisa Benz from Sport, Medicine and Science Council of Saskatchewan did a presentation on mental preparation for competitive sport directed to all of the athletes and coaches who will be competing in the upcoming winter games.

It was a great opportunity for athletes and coaches competing for Team South West to meet with the other athletes and coaches. The new South West District banner was unveiled as the Zone 3 banner was put into retirement. The host committee for the Saskatchewan Games said a few words to the athletes and coaches, as well Dianne Therrien who was a Torch Bearer in Moose Jaw, had the Olympic torch for the athletes to capture their own moment holding the torch.

The athletes left energized, proud and pumped to be representing the South West District in their new uniforms for the games!

Teams will be representing the sports of Air Pistol, Air Rifle, Alpine Skiing, Badminton, Biathlon, Bowling, Curling, Figure Skating, Gymnastics, Hockey, Judo, Speed Skating, Table Tennis and Wrestling.

GO SOUTH WEST GO!

For further information please contact:

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