



SPORT TAPING WORKSHOP

Workshop: Sunday, September 24, 2017 from 9:00 am- 4:00 pm CST, registration at 8:45 am, Elrose Uniplex, 100 - 5th Avenue West, Elrose

Who: Volunteers, professionals and individuals interested in gaining new skills in sport taping. Please wear loose fitting clothing.

About the Workshop!

The Sport Taping Course is a 7-hour practical course with content that deals with:

- knowing when/when not to tape
- ankle wrapping
- ankle taping
- wrist taping
- thumb & finger taping
- tensor bandaging



To Register Contact: Lisa Watson, Town of Elrose Recreation Director:

Phone: 306-378-2277

Email: elroserec@sasktel.net

Pre-registration is required by **Monday, September 21st, 2017.**

\$50.00 Registration fee includes lunch.

There must be a minimum of 10 participants to proceed.

For more information on other programs visit: www.riverswestdistrict.ca



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A Federation of Provincial Sport Governing Bodies

