

Elementary  
Baseball/Fastball

September 2025

| Date     | Drop Off   | Activity                    |
|----------|--|-----------------------------|
| Sept. 4  | Absolute Human Performance<br><b>20 Carelton Dr.</b> | Baseball/Fastball           |
| Sept. 9  | Absolute Human Performance<br><b>20 Carelton Dr.</b> | Baseball/Fastball           |
| Sept. 10 | <b>Albert Lacombe</b><br><b>50 Gainsborough Ave.</b> | Baseline Concussion Testing |
| Sept. 11 | Absolute Human Performance<br><b>20 Carelton Dr.</b> | Baseball/Fastball           |
| Sept. 16 | Absolute Human Performance<br><b>20 Carelton Dr.</b> | Baseball/Fastball           |
| Sept. 17 | <b>St. Albert Curling Club</b><br><b>3 Tache St.</b> | Curling                     |
| Sept. 18 | Absolute Human Performance<br><b>20 Carelton Dr.</b> | Baseball/Fastball           |
| Sept. 23 | Absolute Human Performance<br><b>20 Carelton Dr.</b> | Baseball/Fastball           |
| Sept. 24 | <b>Albert Lacombe</b><br><b>50 Gainsborough Ave.</b> | PE/Wellness/Fitness testing |
| Sept. 25 | Absolute Human Performance<br><b>20 Carelton Dr.</b> | Baseball/Fastball           |

- Please ensure all athletes have a clearly marked water bottle and a proper change of clothes for each activity.
- The Curling Club is located at 3 Tache St.
- **All drop offs should be made by 8:00 A.M.**