

# You're invited!

The Alberta Sports and Recreation Association for the Blind invites you to join us for a day of physical activity, fun and learning, come and find out what ASRAB is all about! Our Alberta Men's Goalball Team will be coming to Red Deer for a weekend practice and we invite everyone to join us and learn more about the sport of Goalball and other physical activity opportunities for athletes who are blind or visually impaired.

**Please R.S.V.P to the office if you plan on attending at 1-888-882-7722 or to [Katie@asrab.ab.ca](mailto:Katie@asrab.ab.ca) by Friday, November 13<sup>th</sup>, 2009.**



**When: Saturday, November 21<sup>st</sup>, 2009**

2:00-2:30PM – Meet and Greet with ASRAB staff, the athletes and others in attendance

2:30-3:00PM – Short presentation by Marilyn McIntosh, Executive Director of ASRAB and Dean Kozak, Alberta Men's Goalball Athlete and Former Canadian National Goalball Paralympic Athlete.

3:00-3:30PM – Watch a game of Goalball!

3:30-5:00PM – Everyone is invited to wear sweatpants and running shoes and come onto the court to try the sport of Goalball. Elbow pads, knee pads and eye shades will be provided.

**Where: Holy Family School, #69 Douglas Avenue, Red Deer Alberta**

**For more information or to find out about ASRAB, our programs or how you can help please visit our website at [www.asrab.ab.ca](http://www.asrab.ab.ca)**