



Advanced Strength Concepts Inc.

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2010 BANTAM HOCKEY CAMP

Birth Years: 1996, 1997

Dates: August 2 – August 26, 2010

Once again Xconditioning is improving and raising the level of training it provides. Our 2010 training for the 96 & 97 camp in August has gone from 3 days per week to 5 days per week, and has increased training sessions from 1 hr to 1-1/4 hrs per session. Class size cut off is 22 skaters and 2 goalies.

PROGRAM COST \$374.66

August 2-26, 2010

Includes:

5 days per week (1-1/4 hrs sessions)

Strength and Conditioning

Plyometric, Explosive Speed, Balance, and Agility Training

9 hrs ice

Xconditioning T-shirt and Jersey

A 50% DEPOSIT IS REQUIRED TO RESERVE A SPOT

Once spot is reserved PDC will be accepted

Prices include GST.