



Advanced Strength Concepts Inc.

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2010 CO-ED JUNIOR HOCKEY CONDITIONING CAMP

Birth Years:

Boys: 1998, 1999

Girls: 1996, 1997

Dates: August 23 – September 2, 2010

This co-ed conditioning camp will consist of two weeks of athletic and hockey training leading into camp/tryouts.

Week One (August 23-27) will consist of four – 75 minute dryland training sessions at Xconditioning and will focus on athleticism, coordination, speed, agility, and conditioning. On the Friday, Xconditioning experts will present a one-hour seminar to both parents and athletes on a topic relevant to young athletes.

Week Two (Aug 30-Sept 2) will consist of four - 90 minute ice sessions designed to condition and prepare hockey players and goalies for camps and/or tryouts. This camp will not only improve conditioning, but will also provide drills designed to enhance the skills of puck movement and puck control.

Be as prepared as you can for camp. Prepare the X-way.

A maximum of four goalies will be accepted for the camp.

PROGRAM COST - \$248.85 (incl. GST)

Includes

Xconditioning T-shirt and Jersey

A 50% DEPOSIT IS REQUIRED TO RESERVE A SPOT

Once spot is reserved PDC will be accepted