



Advanced Strength Concepts Inc.

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2010 CO-ED SENIOR HOCKEY CONDITIONING CAMP

Birth Years:

Boys: 1995, 1996, 1997

Girls: Minimum birth year 1995

Dates: August 30 – September 2, 2010

This co-ed conditioning camp 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 - \$183.75

Includes

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