



Advanced Strength Concepts Inc.

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Xconditioning's 1st Annual Defenseman Camp

Birth Years: 1995, 1996, 1997

Dates: August 20 – 22, 2010

Xconditioning has teamed up with Jason Becker, ex-WHL, CIS, and European League Star Defenseman, for this inaugural camp to bring you the very best in defenseman specific instruction. This camp is 100% designed, organized and focused on the defenseman and improving his role in today's game.

The role of the defenseman in hockey is evolving and the new style of hockey along with the new rules prohibiting obstruction are being filtered down into minor hockey. This has changed the definition of a defenseman and no longer is the "old school" style. They must be able to react quicker, make an effective first pass, be able to initiate the team attack, and engage more frequently in the rush.

Come and learn from the best and elevate your defensive game today.

PROGRAM COST – \$225.75 (incl. GST)

This 3 day, ice-only camp includes:

6 hours total ice time

2hrs of ice per day with 1 morning and 1 evening session

Xconditioning Hockey Jersey

A 50% Deposit is required to reserve a spot.

A Maximum of 16 Players Will Be Accepted