



**Advanced Strength Concepts Inc.**

505 2nd Ave,  
Prince George, BC  
V2L 2Z8  
250-649-5522  
info@xconditioning.com

## **2010 HOCKEY PROGRESSIVE SUMMER TRAINING PROGRAMS**

Xconditioning is entering its 5<sup>th</sup> year of off-season hockey training, and every year it improves. We are very excited to get started and to help develop the athletes of tomorrow.

Due to the incredible success of our athletes and a very strong interest in our programs, Xconditioning will be limiting this year's high performance packages to 2 options.

Both training templates will be structured the same, with the only difference surrounding the length of the programs.

### **OPTION 1 – PROGRAM COST \$2,446.02**

16 weeks - April 19 – August 12, 2010

Minimum Birth Year 1995

5 days per week April 19–July 12

6 days per week July 12 – August 12

14 hrs of structured ice starting July 12

Strength and Conditioning Training

Plyometric, Explosive Speed, Agility, and Balance Training

Xconditioning designed progressive programming

Start and end baseline testing specific to camp

Xconditioning t-shirt and hockey jersey

Maximum 6 per class

Maximum 2 classes

2 instructors per class



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**OPTION 2 – PROGRAM COST \$1,606.02**

10 weeks - May 31 – August 12, 2010

Minimum Birth Year 1995

5 days per week May 31–July 12

6 days per week July 12 – August 12

14 hrs structured ice starting July 12

Strength and Conditioning Training

Plyometric, Explosive Speed, Agility, and Balance Training

Xconditioning designed progressive programming

Start and end baseline testing specific to camp

Xconditioning t-shirt and hockey jersey

Maximum 6 per class

Maximum 2 classes

2 instructors per class

A maximum of 2 goalies will be taken during the summer programs and will be paired together during training to enhance skill development and work together during goalie specific exercises.

**A DEPOSIT OF \$250.00 IS REQUIRED TO RESERVE YOUR SPOT.**

(With PDC being accepted once spot is reserved)

Prices include GST.