



Professional Video Analysis



Modern Training Techniques



HPC Skatemill Training



Core Strength Training

ELITE SUMMER TRAINING

**JULY 19TH - 30TH
MONDAY - FRIDAY**

- 5 Gym days/week
- 2 Track sessions/week
- 2 on ice sessions/week
- 1 Skatemill with Video/week
- 1 3 on 3 game/week

\$155
PER WEEK

AUGUST ELITE CAMPS

- 5 FULL Ice Training Sessions
 - 5 3 on 3 Games at ATR
 - 5 Off Ice Training Sessions
 - 5 Dynamic Stretching Sessions
 - 3 Skatemill Sessions
 - 3 Video Analysis Sessions
- Mon - Fri 9am - 3pm

\$499
PER WEEK

ARE YOU READY?

**DON'T GET LEFT BEHIND
IMPROVE YOUR GAME!**

REGISTER NOW!
604-852-3080