

2010 Pre-Season Dryland Training Camp

With Janeene Gist - Athletic Trainer & Lead Instructor

CNN SPURS & SURROUNDING MINOR HOCKEY

Dates: August 30 - September 3, 2010

Times: Initiation & Novice: 5:00-6:00pm

Atom & Peewee: 6:00-7:00pm

Bantam/Midget/Junior: 7:00-8:00pm

Location: GIBBONS, AB.

Please meet at the Gibbons Arena parking lot, location will vary between ball diamonds, school field and school gymnasium.

Fee: \$55.00 per player

Plyometric training, strength training, agility, ladder, quick feet training and core strength training.

We will use portable equipment for some segments of the session.

Sessions will be limited to 25 participants per session.

Complete Core

Athletics & Fitness

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