



**NEW this Summer 2018 – Flag Ship Program**

## **2 Week Elite Stream - ‘Phased’ Prep Camp**

The 6<sup>th</sup> year of this dynamic program, consisting of high quality **On-Ice sessions**, which will be complimented with a hockey specific **Off-Ice program**, designed to help young hockey players fully prepare for the upcoming 2018 / 2019 hockey season.

Our NEW 2 week, ‘phased’ program, aligns with current ‘development philosophies’ for peak physical preparedness. Attending players will experience a challenging environment both on and off the ice, which will help prepare them, for peak performance, for when **‘The Camps Begin’!!!**

**\*\* 8 X ICE SESSIONS \*\***

**Who is this for?**

**\*\* 4 X DRYLAND SESSIONS \*\***

Our program is designed for the **Bantam / Midget / Junior Elite** player who wants to best prepare for the upcoming hockey season. This 2 week program has been designed to compliment any ‘strength building’ summer program and will phase your physical condition into, hockey specific, pre-season condition.



**Prepare to be Faster, Stronger & Sharper!!!!**



### **2018 Program Overview:**

<b><u>On Ice Program</u></b>	<b><u>Off Ice Program</u></b>
<p><b>with Randall Weber &amp; Staff</b>  <b>(17yr Professional &amp; 22yrs Coaching experience)</b>  <b>Current – GM / Head Coach OHA Edmonton</b>                      Progressively intense, on ice, <b>DRILL PROGRESSION</b> with <b>“IN GAME” &amp; POSITION SPECIFIC</b> focuses. Our program will challenge players to <b>BATTLE, COMPETE &amp; EXECUTE</b> at a very high level, giving players the very best opportunity to be prepared for their seasonal tryouts</p>	<p><b>with Dwayne Laing</b>  <b>(Advantage Sports Conditioning)</b>                      Athletically developed drills and exercises designed to improve your <b>SPEED, POWER, CORE STRENGTH, AGILITY &amp; STAMINA</b>. Complimented with a <b>SPORTS SPECIFIC</b> flexibility program, using the most current, <b>‘DYNAMIC STRETCHING’</b> philosophy</p>

**Camp Dates: July 29<sup>th</sup> – August 10<sup>th</sup>, 2018**

<p><b><u>Week #1: July 29<sup>th</sup> – August 2<sup>nd</sup></u></b></p> <ul style="list-style-type: none"> <li>• <b><u>4 x On Ice sessions @ LRC</u></b></li> </ul>	<p><b><u>Week #2: Aug. 7<sup>th</sup>– 10<sup>th</sup></u></b></p> <ul style="list-style-type: none"> <li>• <b><u>4 x Off Ice sessions @ LRC</u></b></li> <li>• <b><u>4 x On Ice sessions @ LRC</u></b></li> </ul>
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**Price : \$550 (full 2 week program)**

**\*\* Partial Camp Options Available - Contact Randall Weber to discuss**

**1 Small Group - Limited Spaces Available** - For registration and payment information please contact:

Randall Weber: [rntweber@shaw.ca](mailto:rntweber@shaw.ca) OR (780-910-1934) Reference: **Hard Hockey - Phased Conditioning Camp 2018**

**HARD HOCKEY - “It’s not meant to be easy but the HARD work will make it FUN”**