

SPEED CAMP

AUGUST 6 - 10, 2012 at Olympia Ice Center

AGES 10 AND UP

COST: Full Day \$400/Half Day \$200

FAST, FASTER, FASTEST!

Where do you fit in? This camp is all out from Day 1. Every drill on and off the ice has been created to take your game to the next level – full out play every shift, every period, every time your skates touch the ice. Passing, shooting, puck handling and skating will all be done at full speed, game conditions.

At PRIDE we employ state of the art resistance training and plyometric techniques to build speed and acceleration. We also go back in time and resurrect the best of the “Old-School” training techniques to build core strength and stamina; so essential for developing the fully functional accelerated player; one capable of competing in today’s top tier ice hockey programs.

This camp is a full **3 hrs** of on-ice and **3 hrs** of off-ice per day (**1.5 hrs on-ice** and **1 hr off-ice** for **HALF-DAY** option). There will be little downtime for the player enrolled in this camp. Whether it’s running the stairs in weight vests or carrying your teammates to and from lunch, every minute of every day is conceived with one result in mind... fast, faster, fastest.

HALF-DAY

OFF-ICE.....8-9:30AM
ICE.....10-11:30AM
LUNCH.....11:45-12:15PM
PICK-UP.....12PM

FULL-DAY

OFF-ICE.....8-9:30AM
ICE.....10-11:30AM
LUNCH.....11:45-12:15PM
OFF-ICE
SHOOTING....12:30-1:30PM
ICE.....2-3:30PM
PICK-UP.....3:30PM

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