



**755 Wallace Rd.
North Bay, ON**

705.840.PUCK (7825)

With the hockey season just around the corner, the team at Elite Hockey believes it is important to prepare your conditioning and skills for the upcoming season. Elite Hockey Training Centre is offering the

2010 Girls Core, Speed and agility Camp.

Summer camp consists of:

7 core work outs @ ELITE HOCKEY.

(Core work outs designed by Dave Whitehead)

All core Session are 1 hr on Tuesday's 5:30pm @ Elite

7 Speed and Agility

(Speed and agility training with Adam Newton)

**All speed & agility Session are 1 hr on Wednesdays
1:00pm @ Canadore(Commerce)**

7 skills and drills

(sessions designed by Blair Kitlar)

Hockey skill & drills Sessions on Wednesdays 2:15pm @ ELITE HOCKEY

**Tuesday's & Wednesdays Starting July 13, to August
25,2010.**

Cost for the Core training only, **\$ 85.00 tax incl.**

Cost for Speed & agility training only \$ 85.00 tax incl.

Cost for skills and drills training only \$ 85.00 tax incl.

Cost for the full camp, if both are purchased \$ 200.00 tax incl.

Call Elite Hockey.net at 840-Puck (7825) or e-mail Ron at ron@elitehockey.net
to register.

Thanks The Elite Hockey Team...

Don't count the day's, Make the day's
count. -Ali