



**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

Atom & Peewee - Core, Speed & Agility Camp.

Summer camp consists of:

5 core work outs @ ELITE HOCKEY.

(Core work outs designed by Dave Whitehead)

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

5 Speed and Agility

(Speed and agility training with Adam Newton)

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

Starting July 20 to August 18

Cost \$89.00 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