



**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 Midget Speed,agility and Conditioning Camp.

Summer camp consists of:

8 core work outs @ ELITE HOCKEY.
(Core work outs designed by Dave Whitehead)

All core Session are 1 hr on Tuesday's 7:00pm to 8:00pm @ Elite

8 Speed and Agility
(Speed and agility training with Adam Newton)

All speed & agility Session are 1 hr on Thursday's @ Canadore(Commerce)

All session at ELITE HOCKEY will consist of warm up, core training, speed and agility training.

8 on ice skill Sessions at Pete Palangio.
(Instructors Blair Kitlar,Ottawa GEE GEE, Mike Vezina, Nipissing Laker's and Marc Senecal, Brown University)

All on Ice sessions 1 hr on Thursday's @ Pete

All on ice session at Pete will consist of warm up, shooting, passing, speed and agility training.

Tuesday's & Thursday's Starting July 6, to August 26,2010.

Speed , Agility (S&A) & Ice times are :

Thursday July 8, S&A @ 1:30pm on ice @7:00 pm

Thursday July 15, S&A @ 1:30pm on ice 6:00 pm

Thursday July 22,S&A @ 1:00pm on ice 2:45 pm

Thursday July 29, S&A @ 12:30pm on ice 2:00 pm

Thursday August 5,S&A @ 12:30pm on ice 2:00 pm

Thursday August 12, S&A @ 1:30pm on ice 3:15 pm

Thursday August 19, S&A @ 1:30pm on ice 7:15 pm

Thursday August 26, S&A @ 1:30pm on ice 7:15 pm

Cost for the Core training only, \$ 125.00 plus HST.

Cost for Speed & agility training only \$\$ 125.00 plus HST.

Cost for on ice training \$ 125.00 plus HST.

Cost for the full camp, if all three are purchased \$ 275.00 plus HST.

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