

NEXT LEVEL DEVELOPMENT

8 weeks of high intensity hockey training for elite level players who want to bring their game to the next level. Camp runs **Monday – Saturday** and includes 2 hockey treadmill sessions, 4 strength training sessions, 2 plyometric sessions, 1 backpedal session and 1 day of active recovery and stretching techniques. Pre and Post testing and Athletic Republic Hockey T-shirt is included. Limited to 12 players per group, 2 time slots available, 6 days per week Midget, Junior, College or Pro players only.

Nutrition analysis and meal plan included for additional cost

Cost for 8 weeks- \$1500 Retail

\$999 when paid by May 15

\$1099 when paid by June 5

	GRP 1	GR2	GRP 3	GRP 4
Monday	8AM-9AM	9AM-10AM	10AM-12PM	10AM-12PM
Tuesday	8AM-10AM	9AM-10AM	10AM-12PM	10AM-12PM
Wednesday	8AM-10AM	9AM-10AM	10AM-12PM	10AM-12PM
Thursday	8AM-9AM	9AM-10AM	10AM-12PM	10AM-12PM
Friday	8AM-10AM	8AM-10AM	10AM-12PM	10AM-12PM
Saturday	9AM-10AM	9AM-10AM	9AM-10AM	9AM-10AM

Please Note *if you sign up for a 12 month Black Hockey Membership your camp will be included in your membership fee. If you sign up for a 12 month Red Hockey Membership than either the Skating and Power Development Camp or the Skating Mechanics Camp will be included in your membership fee at your