



2010 High Performance “Rep” Conditioning Camp

**Castlegar Minor Hockey will once again be hosting the extremely successful
“High Performance Rep Conditioning Camp”**

If you are willing to give 100% and want to stretch your own personal limits.....

this program is for

YOU!

Castlegar Minor Hockey will be hosting its Third Annual High Performance “Rep” Conditioning Camp.

This program is designed to condition players and introduces them to high tempo practices that would normally be expected at the rep level.

This camp is open to all *registered* members of Castlegar Minor Hockey, from Pee Wee to Midget, who will be trying out for their respective divisional *rep* team. Second year Atom’s who wish to possibly be an affiliated player to the Pee Wee Rep team will be accepted based on availability and in order of receipt of registration.

Camp Dates:

Week 1	August 23 rd to 27 th /10	-to consist of 4 hours of Dry Land training per division including Kootenay Spinning, stick handling, shooting, plyometrics and agility training.
Week 2	Aug 30 th to Sept 3 rd /10	-to consist of 5 hours of on ice training per division
Week 3	Sept 7 th to Sept 11 th /10	-to consist of 4 hours of on ice training per division

Coaches: Benton Hadley, Darcy Martini, Dave Terhune, Grant Pilla & more!

Cost:

\$120.00 per player

(cheque made payable to CMHA and is to be returned with CMHA general registration by June 30th/2010)

If you have any questions, please contact Grant Pilla at gepilla@telus.net

please note: a maximum of 22 players (including goal tenders) will be allowed per division; however this may be revised depending on demand. Players will be accepted in order of applications received.