



TRANSCEND ATHLETICS INC.

Corp #2019746300

Welcome to Transcend Athletics' 2018-19 Rise & Shine Defenceman Camp.

This camp is geared towards the defencemen. Focusing on backwards skating and agility, lateral movement, gap control, positioning, and more. Even if your young athlete does not play defence this camp will still be beneficial, as all players should have a good understanding of what the defencemen are doing.

The camp is limited to 20 skaters to ensure good development with all the young athletes. The camp is open to all Novice, Atom, and Peewee aged players. There will be 10 sessions, and they will run alternating weeks from 6:30am to 7:30am Monday mornings at the Shell Arena. The registration cost for this camp is \$350 plus GST (\$367.50).

Below are the ice times for the camp.

- Monday October 15 – 6:30am – Shell
- Monday October 29 – 6:30am – Shell
- Monday November 19 – 6:30am – Shell
- Monday December 3 – 6:30am – Shell
- Monday December 17 – 6:30am – Shell
- Monday January 14 – 6:30am – Shell
- Monday January 28 – 6:30am – Shell
- Monday February 11 – 6:30am – Shell
- Monday March 4 – 6:30am – Shell
- Monday March 18 – 6:30am – Shell

www.transcendathletics.ca

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