



# TRANSCEND ATHLETICS INC.

Corp #2019746300

Welcome to the Transcend Athletics' 2019 Athlete Development Camp.

This camp is geared towards the developing athlete. Focusing on fitness, core and lower body strength development, foot speed, agility, lateral movement, eye-hand coordination, neuromuscular development, focus and dedication, and more!

For athletes in hockey, basketball, lacrosse, baseball and soccer, and all other sports, this camp will be beneficial, as all athletes should have all around athletic ability, not just a single sport focus.

This camp is limited to 16 members to ensure good development with all the young athletes. The camp is open to all 2007, 2008, 2009 and 2010 aged players. There will be weekly sessions running every Friday from 7:00-8:00pm.

The registration cost for this camp is \$150.00 (GST included).

\*\*\* There are a couple of blackout dates that will be finalized ASAP.

We look forward to making this a fun, challenging experience for the athletes!

[www.transcendathletics.ca](http://www.transcendathletics.ca)

166 Willow Street  
Sherwood Park, AB  
T8A 1P6



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**Transcend Athletics – Athlete Development Camp  
New Horizons School  
1000 Strathcona Drive, Sherwood Park, Alberta  
Cost - \$150.00 per child (GST included)**

**Friday September 20, 7pm-8pm (Baseline Testing)  
Friday September 27, 7pm-8pm  
Friday October 4, 7pm-8pm  
Friday October 11, 7pm-8pm  
Friday October 25, 7pm-8pm  
Friday November 1, 7pm-8pm  
Friday November 8, 7pm-8pm  
Friday November 29, 7pm-8pm  
Friday December 6, 7pm-8pm  
Friday December 13, 7pm-8pm  
Friday December 20, 7pm-8pm**

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