



TRANSCEND ATHLETICS INC.

Corp #2019746300

Welcome to Transcend Athletics' 2019-20 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 24 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 8 sessions, and they will run alternating weeks from 630am to 730am Monday mornings at the Shell Arena. The registration cost for this camp is \$315 (GST included).

Below are the ice times for the camp.

- Monday October 28 – 6:30am – Shell
- Monday November 18 – 6:30am – Shell
- Monday December 2 – 6:30am – Shell
- Monday December 16 – 6:30am – Shell
- Monday January 13 – 6:30am – Shell
- Monday January 27 – 6:30am – Shell
- Monday February 10 – 6:30am – Shell
- Monday March 2 – 6:30am – Shell

www.transcendathletics.ca

166 Willow Street
Sherwood Park, AB
T8A 1P6