



TRANSCEND ATHLETICS INC.

Corp #2019746300

Transcend Athletics' 2022 Defence Camp.

This camp is geared towards the defencemen. Focusing on backwards skating and agility, lateral movement, gap control, positioning, and more. Even if your athlete does not play defence this camp will still be beneficial, as there will be time focused on edge work, puck control, passing, and shooting. It is good for all players to develop an understanding of the defensive position and be good backwards skaters.

The cost for this camp is \$262.50 (GST included). There will only be 18 spots available for this camp to ensure great instructor to player ratio, allowing for lots of individual instruction. The camp is open to all players U9 through U18.

The kids will be grouped by age and skill to ensure all drills are skill appropriate.

Below are the ice times for the Defence camp.

- Monday August 15, 6:45pm to 7:45pm – Russ Barnes
- Tuesday August 16, 6:45pm to 7:45pm – Russ Barnes
- Wednesday August 17, 6:45pm to 7:45pm – Russ Barnes
- Thursday August 18, 6:45pm to 7:45pm – Russ Barnes
- Friday August 19, 6:45pm to 7:45pm – Russ Barnes

www.transcendathletics.ca

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