



# TRANSCEND ATHLETICS INC.

Corp #2019746300

## Transcend Athletics' 2022 U13 Prep & Conditioning Camp.

This camp will be focusing on conditioning, agility, balance, and edge work, to get the athletes ready for the upcoming hockey season. Puck control, passing, and shooting will also be worked on throughout the week. By the end of this camp the kids will have improved their skills and conditioning and be ready for their upcoming evaluations.

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.

Below are the ice times for the U13 camp.

- Monday August 15, 5:30pm to 6:30pm – Russ Barnes
- Tuesday August 16, 5:30pm to 6:30pm – Russ Barnes
- Wednesday August 17, 5:30pm to 6:30pm – Russ Barnes
- Thursday August 18, 5:30pm to 6:30pm – Russ Barnes
- Friday August 19, 5:30pm to 6:30pm – Russ Barnes

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

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