



TRANSCEND ATHLETICS INC.

Corp #2019746300

Transcend Athletics' 2022 U15 Prep, Conditioning, & Checking 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. The camp will also have an introduction to checking for players going into their first year of body contact, and checking development for those that have already done body contact. Focusing on how to safely take and deliver a body check, angling drills for puck separation, and puck protection drills. By the end of this camp the kids will have improved their skills and conditioning and be ready for their upcoming evaluations. This camp will also be beneficial for any players in the non-checking stream as well.

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. If you are a U18 player and would like to register in the camp, please email tim@transcendathletics.ca to discuss option.

Below are the ice times for the checking camp.

- Monday August 15, 8:00pm to 9:00pm – Russ Barnes
- Tuesday August 16, 8:00pm to 9:00pm – Russ Barnes
- Wednesday August 17, 8:00pm to 9:00pm – Russ Barnes
- Thursday August 18, 8:00pm to 9:00pm – Russ Barnes
- Friday August 19, 8:00pm to 9:00pm – Russ Barnes

www.transcendathletics.ca

166 Willow Street
Sherwood Park, AB
T8A 1P6