



2023 FULL DAY SUMMER PROGRAM

Monday July 31 – Friday August 4

For players born **2010-2016**

| GROUP 1 | 2010-13 |
|--------------------|---------|
| Monday July 31 | 8am-4pm |
| Tuesday August 1 | 8am-4pm |
| Wednesday August 2 | 8am-4pm |
| Thursday August 3 | 8am-4pm |
| Friday August 4 | 8am-4pm |

| GROUP 2 | 2014-16 |
|--------------------|---------|
| Monday July 31 | 8am-4pm |
| Tuesday August 1 | 8am-4pm |
| Wednesday August 2 | 8am-4pm |
| Thursday August 3 | 8am-4pm |
| Friday August 4 | 8am-4pm |

| SAMPLE DAY | GROUP 1 |
|-------------|------------------------|
| 8:00-9:20 | On Ice |
| 9:30-10:50 | Off Ice Puck Skills |
| 11:00-12:15 | Lunch |
| 12:30-1:50 | On Ice |
| 2:00-3:20 | Off Ice Training/Games |
| 3:30-4:00 | Pick Up |

| SAMPLE DAY | GROUP 2 |
|-------------|------------------------|
| 8:00-9:20 | Off Ice Puck Skills |
| 9:30-10:50 | On Ice |
| 11:00-12:15 | Lunch |
| 12:30-1:50 | Off Ice Training/Games |
| 2:00-3:20 | On Ice |
| 3:30-4:00 | Pick Up |

Cost: \$540 plus HST = \$610.20

ROTARY PLACE ARENA ORILLIA

Appropriate skill grouping to make skill development a challenge at the appropriate level.

All programs are designed to develop and enhance the skill level of any player, from beginner to elite.

LIMITED SPACE for LOW COACH TO PLAYER RATIO

Spots are only held with registration form and payment

For more information or to register your child please contact:

Mike Torkoff

Next Level Sports PERFORMANCE

Phone: 705-717-1771

Email: mike@nlsp.ca

Website: www.nlsp.ca

PAYMENT METHODS

Email registration form and ETransfer funds to: mike@nlsp.ca

Mail registration & cheque payable to Next Level Sports Performance to: PO Box 197, Washago, ON L0K2B0