



# 2019 BODY CONTACT and CONDITITIONING CAMP

The below listed dates & times are for players born **2005 - 2007**

|           |        |    |                 |                               |
|-----------|--------|----|-----------------|-------------------------------|
| Wednesday | July   | 17 | 7:30pm – 8:50pm | Body Contact                  |
| Wednesday | July   | 24 | 7:30pm – 8:50pm | Body Contact                  |
| Wednesday | July   | 31 | 7:30pm – 8:50pm | Body Contact                  |
| Monday    | August | 12 | 4:00pm – 5:50pm | Body Contact and Conditioning |
| Tuesday   | August | 13 | 4:00pm – 5:20pm | Body Contact and Conditioning |
| Wednesday | August | 14 | 4:00pm – 5:50pm | Body Contact and Conditioning |
| Thursday  | August | 15 | 4:00pm – 5:50pm | Body Contact and Conditioning |

**Investment – \$480 plus HST = \$542.40**

## **ONLY 20 SPOTS AVAILABLE** **ROTARY PLACE ORILLIA**

This camp is specifically designed to teach skills and techniques as they relate to body contact. The program will focus on Elite hockey skill development in combination with proper technique for contact and safety. The camp will expose players to contact in a controlled setting, giving the player confidence in a multitude of situations. Each skill is demonstrated with excellent technique, and then broken down into crucial components. Students are shown how to strengthen weak areas, so they can continue to grow and develop their skills and move onto more advanced abilities.

Making the change from non-contact to contact is a big step in the development of a young player. Our Body Contact Camp teaches players to give and receive checks properly and to protect the puck safely. Players build confidence in high traffic areas and develop skills needed to win battles all over the ice.

**Spots will only be held with registration form and payment**

### **LOW COACH TO PLAYER RATIO**

**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

**Twitter:** @TorkNLSP

**Instagram:** TorkNLSP

**Facebook:** Next Level Sports Performance

### **PAYMENT METHODS**

Scan & 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