



The Institute of  
**SPORT**  
PERFORMANCE AND WELLNESS

# **REP TRYOUT HOCKEY PERFORMANCE CAMP**

March 23<sup>rd</sup> to April 24th

**Prepare yourself for the upcoming season**

**Includes: 2 - 75 minute dry-land training sessions/week  
Novice – Midget  
(Groups will be divided by age/ability)**

**STRENGTH    POWER    SPEED    AGILITY**

**REGISTER TODAY!**



**In partnership with the National  
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