



**Family Physio Sport  
Conditioning and Wellness Centre**

DISCOVER YOUR  
STRENGTH

## The 2010 Spring/Summer Elite Dryland Hockey

**TRAIN LIKE THE PROS** using cutting edge training programs, Spinning®  
and our **NEW Endless Ice Skate Treadmill**

**Phase 1 - Rebuilding the Body** *Phase 1 & 2 - two training days per week* **May 3 – May 28**

This phase will focus on building up the player's core strength, balance, aerobic capacity and coordination ensuring a solid training foundation. This phase will fully prepare the athlete for the increased loads and multi directional movement skills introduced in Phase 2.

**Phase 2 - Full Body Strength and Anaerobic Conditioning** **May 31 – June 30**

With a solid training foundation established in Phase 1 this phase takes on a more dynamic full body approach to strength and conditioning. With the introduction of more challenging exercises, the body is forced to move through higher volume of exercises increasing their anaerobic capacity, rotary strength and deceleration to acceleration skills.

**Phase 3 - Explosive Speed and Reactivity** *Three training days per week* **July 5 – August 27**

Only after the body has undergone the training necessary to adapt to an increased physical demand (Phase 1 & 2), is it ready for Phase 3. This phase puts it all together with powerful exercises to increase that ever important first step quickness and incorporates combative exercises ensuring your athletes win the battles for the puck.

The program costs are as follows:



**\$619.99 plus tax**

**\*\*For returning team athletes and 2009 athletes only\*\***

**\$719.99 plus tax**

**\*\*For new athletes\*\***

### Also included in the Program

- Trial **Endless Ice** Skate Treadmill Training Session
- Speed, Agility, Quickness Training (Wednesday Mornings)
- Hockey Specific Anaerobic Cardio Programming

**On Ice Programming to start June with 1 and 2 day options**

**The Camps will be divided into three Divisions:**

1. **Atom to Pee Wee** - 1999 to 1997 (Boys and Girls)

If numbers permit there will be a designated boys and girl's session

2. **Minor Bantam to Minor Midget** - 1996 to 1993

3. **Major Midget / Junior A & B / OHL**

Call Now to Book Your Spot

Ask About the Private Group and Team Sessions

2190 Thurston Drive - Ottawa Ontario Canada - K1G 6E1

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