



2024 PreTryout Conditioning Camp

2010/2011/2012 REP PLAYERS ONLY:

- ✓ *32 skaters & 4 goalies maximum (16 & 2 per group)*
- ✓ *1 hour on-ice & 1 hour off-ice each day (rotating)*
- ✓ *Off-ice training by Cameron Strength & Conditioning*
 - ✓ *45 minutes of Plyometrics, Strength, Mobility*
- ✓ *On-ice training by HHD Staff*
 - ✓ *30 minutes of development*
 - ✓ *20 minutes of 4v4*
- ✓ *\$100 total for 4 hours training (2 on & 2 off)*

- ✓ *Wednesday April 17, 730-930pm*
- ✓ *Friday April 19, 5-7pm*



- Haldimand County Caledonia Centre
- 100 Haddington St, Caledonia, ON N3W 2N4
- First come – first served (max 32 & 4)
- For availability, please contact steve.hurst@hursthockeydevelopment.com

