



**Training Camp: July 10-14**  
**USA Hockey Arena – Plymouth, MI**  
**08, 09, 10 Birth Years**  
**\$425-Player \$250-Goalie**

### Daily Itinerary

8AM: CHECK IN

8:15AM: DYNAMIC WARM UP

9-10:20AM: ICE SESSION

10:30-11AM: LUNCH

11-12PM: VIDEO/GUEST

SPEAKER/DRYLAND

12-1PM: WORKOUT

1PM: CHECK OUT

**REGISTER NOW!**

[WWW.WARDAHOCKEYACADEMY.COM](http://WWW.WARDAHOCKEYACADEMY.COM)

**CONTACT US:**

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## OUR FOCUS

TRAINING CAMP FORMAT  
DESIGNED TO BETTER  
PREPARE THE PLAYERS FOR  
NEXT SEASON

ICE SESSIONS ARE SKILL  
DEVELOPMENT FOCUSED –  
TAILORED TOWARDS  
POSITION

WORKOUTS WILL BE  
INTENSE WITH HOCKEY  
SPECIFIC MOVEMENTS

## OUR STAFF

ALL PRO STAFF COMPRISED  
OF CURRENT PROFESSIONAL  
PLAYERS & COACHES ONLY

MEET OUR STAFF WITH  
FULL BIOS ON OUR  
WEBSITE!

