



Sports Specific Training



Hockey Performance and Conditioning Camp Dryland Training Series

Schedule *

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
3:30 PM	Agility	Core	Power	Core	Agility		
6:00 PM	Core		Agility	Power	Core		
7:00 PM	Strength		Strength	Strength	Strength		
8:15 PM			Core	Agility	Core		
9:30 PM							
8:00 AM						Agility	Power
9:15 AM						Core	Agility
10:30 AM						Power	Core
2:00 PM						Strength	Strength
3:15 PM						Strength	Strength
4:30 PM						Strength	Strength

*Schedule may change in accordance of session demand.

Get your competitive edge

Now registering boys/girls ages 10-12, 12-14, 15 & older • 905.372.8400 or online @ www.bodilogix.com

8 week period 1 session per week at \$15/session, total of 8 sessions for \$120.

8 week period 2 sessions per week at \$10/session, total of 16 sessions for \$160 – Add more sessions for \$10 per session.

Strength – Build the Foundation

This session will focus on developing whole body strength which provides a foundation to improve fitness and athletic performance. We will focus on building lean muscle mass, muscle endurance and flexibility. As we build the foundation the athlete will be better prepared for increased amounts of sport specific training.

Balance & Core

The focus of this session is to develop the core muscles that are essential to body movement. Balance training will also teach the athlete to have greater awareness of how the joints and muscles are involved in specific movements. This improved understanding of movement will become invaluable as the athlete continues to develop. The end result will be improved balance and coordination.

Speed & Agility

This session will challenge the athletes' ability to move quickly and efficiently. The ability to change direction is vital in sport. We will work to develop the athletes' quickness and agility with a variety of drills that focus on change of direction, lateral movement, cross-over steps, etc.

Power & Speed

The focus of this session will be to develop the combination of strength and speed that results in short powerful movements. We will develop the athletes' ability to make quick and powerful body movements that improve performance, harder shot, explosive first step, etc.

