



**DEVELOPMENT**

# Off Season Training Program



## Registration Info

### Camp Location:

Summit Centre Rinks  
3600 Townline Road Abbotsford

### Registration:

[www.ysadevelopment.com](http://www.ysadevelopment.com)  
\$650 +taxes / fees

### Contact:

Erin Thornton, 604.615.0080  
or [thornton4@telus.net](mailto:thornton4@telus.net)

## Age Groups

- Bantam (07/08) & Midget (04-06)
- Junior & Pro

## Dates & Times

- July 12-16
- July 19-23
- July 26-30
- Aug 3-6
- 4 Weeks
- AM Weekdays
- Schedule TBA
- Mon - Thurs

## Details

- 2 ice per week  
(Yale Hockey Academy Staff)
- 4 dryland sessions per week  
(Athlete Development Institute)
- **SPEED / STRENGTH / POWER**
- Small groups