

Twist + Scary Skate

Pre-Tryout Development Camp 2012



Don't just make the team,
make the team better.

**SCARY
KATE**
scaryskate.com

TWIST
SPORT CONDITIONING CENTRE

Get a jump on the competition with a unique pre-tryout player development camp from Twist Sport Conditioning Centre and Scary Skate that integrates on-ice technical development and hockey conditioning with the most progressive, individualized off-ice conditioning program available.

BE READY

104 Byron Street South, Whitby, ON | 905-217-0664 | www.twistwhitby.com | jroux@twistwhitby.com



ARE YOU READY to GET BETTER? The Twist Sport Conditioning Centre and Scary Skate have joined forces once again for this unique pre-tryout player development camp which integrates on-ice technical development and hockey conditioning with the most progressive, individualized off-ice conditioning program available. All designed to help you **BE READY** for spring tryouts and get a jump on the competition. The camp is open to rep players from birth year 1995 to 1999. Groups will be divided according to age and skill level.

Details:

On ice technical skating development and conditioning with Scary Skate

- Enhance ability to move fast with or without the puck
- Improve technique, weight distribution, proper upper and lower body integration
- Enhance edge work, bkwd & fwd stride development. pivots, tums, and X-overs

On-Ice Twist Hockey Development & Conditioning

- Position specific Skill Development and tight space maneuvering/puckhandling
- 1-on-1 Battles & Tactics
- On-ice strength, acceleration, speed & resistance training

Off Ice Hockey Development & Conditioning (at the Twist Sport Conditioning Centre Whitby)

Twist on and off-ice sessions coached by the Twist team of hockey conditioning specialists.

- Unique blend of coaching each athlete's balance, movement skill development (speed, agility, quickness) hockey strength and conditioning.
- Integrated with on-ice development to ensure that the athletes are at their peak physically, mentally and technically as they arrive at camps and tryouts in April.

Includes:

- 5 One-hour on ice development sessions with SCARY SKATE
- 2 One-hour on-ice hockey development & Conditioning sessions w Twist Coaches
- Up to 17 Twist Off Ice Hockey Conditioning Sessions at Twist Whitby

On Ice Details:

All on ice sessions to be held at the South Courtice Arena

- Scary Skate sessions 5 consecutive Fridays March 2, 9, 16*, 23, 30 from 5-6pm
- Twist On-ice sessions Mon March 12 and Wed March 14 from 12:30-1:30pm* (*during spring break camp)

Off-Ice Conditioning Details:

- 2 x 75 min dryland sessions per week: Mondays and Wednesdays 5:15-6:30
- *5 Spring Break sessions-March 12-16 Mon-Tue-Wed-Thu-Fri 10:00-11:15am
- Current Twist Athletes registered in Hockey program are eligible for on ice training, added dryland sessions and Spring Break Camp. Please ask for details
- Schedule/pricing can be customized to fit individual needs (i.e. Spring Break) if necessary
- *Customized scheduling and sessions are available for on and off-ice sessions at \$35/session^{+HST}

Camp Price:

Before Feb 13 = \$500^{+HST} (an \$840 value!)

After Feb 13 = \$650^{+HST}

Please visit: www.twistwhitby.com for full details, schedule and pricing.

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