



## **Pinnacle Sports Development**

# **Summer 2010 Elite Class Schedule**

### **PSD COMPLETE CAMP**

This 3 day a week camp focuses on overall body strength through weight lifting, speed and agility and core workouts. Also, the athlete will learn the importance of nutrition to maximize the body's full potential during training and competition. Each athlete will gain the proper foundation to jump starting a long career at their sport.

**AGES 11-13**

**June 22 - August 12 (8 weeks)**

Tues, Wed, Thur 1:00 - 2:30 pm

**\$290**

### **PSD ELITE CAMP**

The program is designed after a Division 1 training program to promote accelerated development for the elite athlete that wants to raise his or her game to a new level. All of the benefits of the "Complete Camp" and more as our staff will help maximize the potential of every athlete. This camp is designed to prepare the athlete and have them game shape ready prior to their upcoming tryouts and start the season off strong.

**AGES 14-18**

**Session 1 6/8-7/15 (6 weeks)**

**Session 2 7/20-8/26 (6 weeks)**

Tues, Wed, Thur 2:30-4:00 pm

**\$165 PER SESSION**

*(times will be adjusted for when athletes return to school)*



# **PINNACLE**

## **SPORTS DEVELOPMENT**

Class sizes are limited.  
Register today in person or online at  
[www.leafsicecentre.com](http://www.leafsicecentre.com)



## **LEAFS ICE CENTRE**

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