

UPtraining

HOCKEY SCHOOL

The new season is coming.
UPtraining will get you ready.

UPtraining Hockey School was created to help you prepare for the new hockey season. The weeklong school will be led by Pierre Arsenault along with partner coaches and athletes. Every player receives 5 ice times with a focus on skills, conditioning and overall development in preparation for the new hockey season.

Every player will receive the following:

- 5 ice sessions with qualified and experienced coaches
- An UP training t-shirt
- All ice times at Tantrammar Veterans Memorial Civic Centre

GROUP #1 (U9) (2013, 2014)

Size: Limit of 28

Dates: October 2nd-October 8th (actual ice times will be provided after registration is confirmed)

Cost: \$120 (5 ice times)

GROUP #2 (U11) (2011, 2012)

Size: Limit of 28

Dates: October 2nd-October 8th (actual ice times will be provided after registration is confirmed)

Cost: \$120 (5 ice times)

GROUP #3 (U13/U15) (07, 08, 09, 10)

Size: Limit of 28

Dates: October 2nd-October 8th (actual ice times will be provided after registration is confirmed)

Cost: \$120 (5 ice times)

NOTE: If there is enough interest, we may split Pee wee and Bantam to form 2 groups.

REGISTER TODAY!

To register, please send the completed registration form to Karen at coach@uptraining.ca



UP
TRAINING

www.uptraining.ca