

Optimal Performance Training Center camp for all Clarkstown Capital Hockey Athletes seeking to learn the correct and safe way to train for increased speed, strength and endurance....

When : From 6/21/10 - 8/2/10 (8 sessions of 4 days each)

Camp will run Monday through Thursday every week. Sessions will be 90 minutes in length. Exact Times to be determined.

Sign up for one week or multiples weeks. Camp Dates are as follows:

6/21/10 - 6/24/10
6/28/10 - 7/1/10
7/5/10 - 7/8/10
7/12/10 - 7/15/10
7/19/10 - 7/22/10
7/26/10 - 7/29/10
8/2/10 - 8/5/10
8/9/10 - 8/12/10

The program = 4 days of Hockey & Lacrosse specific conditioning clinic. All sessions will incorporate the following:

Self myofacial release techniques (self massage)
Movement mechanics / Dynamic Warm-Up
Balance, Mobility, & Stability
Acceleration/Deceleration
Speed, Agility and Quickness Training
Core Strength, Stabilization, and Power Training
Plyometric (jump training) for Explosive power development
Olympic Weightlifting Techniques for Overall Athleticism and total body power development
Functional Strength Training & Corrective exercise
Injury Reduction & prevention training
Sport Specific Conditioning

Where:

Optimal Performance Training Center
706 Executive blvd Suite B
Valley Cottage, NY 10989
845.268.3494

Camp Prices:

\$149 per week
\$129 per week for 2 or more weeks
\$100 per week for 6 or more weeks
**In order for each week to take place there is a minimum enrollment of 6 athletes per week. Space is Limited to 20 athletes per session.

Call or email Jason Zaretsky to reserve your spot or to request more information.

Jason Zaretsky
Optimal Performance Training Center
Owner / Program Director
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845.268.3494
www.optcfitness.com

Jason and his staff do an amazing job.

Thanks,

Coach Ed

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