Off Ice/Dryland Hockey Training
Using athletic & training facilities, and specialized equipment at the University of Regina

Camp Includes...

- Specialized sport specific testing at start and end of each session
- Individualized periodized strength & conditioning program development & adjustments
- Program to take with you after completion of session(s)
- 24 training dates (90 minutes per session)
- 5 Neurotracker (attention training) sessions throughout the camp
- Curriculum includes physical and mental training components, along with nutrition planning
- Access to athletic therapists if required

Who is leading?

- Brock Appleyard – B.Kin (Human Kinetics), CSCS
  Former CIS & SJHL player
- Ryan Dech – B.Kin (Honours) (Aug 2016)
  Former CIS & WHL player

Who is this for?

- Males - Bantam AA next season
- Males - Midget AA or AAA next season
- Females - Midget AA or AAA next season

When?

Session 1: April 29 – June 30 (Typically MWF from 4:45-6:15 pm, exceptions around long weekends)
Session 2: June 27 – Aug 26 (Typically MWF from 8:30 – 10:00 am, exceptions around long weekends)


How do I register?

Contact RAS Office at 306 585 4371 or Go online: [http://www.uregina.ca/recservices](http://www.uregina.ca/recservices)

For more information: khs.dean@uregina.ca or [http://www.uregina.ca/kinesiology](http://www.uregina.ca/kinesiology)

**Special**

Introductory Pricing
Single Session - $210.00
Both Sessions - $390.00