

EXPLODE

A camp that promises to do just one simple thing,
but this one thing can CHANGE your entire game...

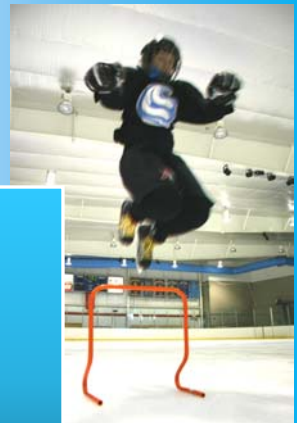
INCREASE SHORT BURST SPEED!



EXCLUSIVELY for ELITE Ice Hockey Players



EXPLODE



Every single drill and each piece of training equipment is specifically designed to increase short burst speed!

5 hours of Speed Training Daily!

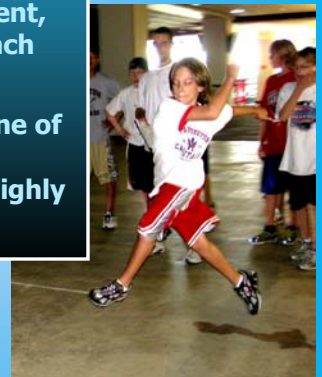
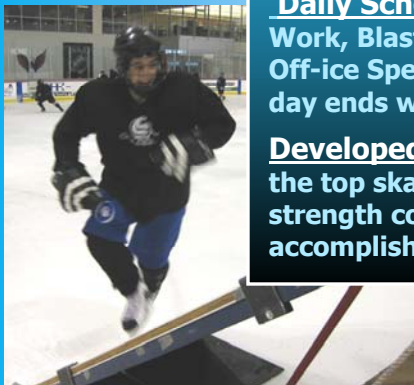
Kettler Capitals IcePlex Arlington, VA

August 23-27, 2010 \$485

JR A, Midget AA/AAA, Bantam AA/AAA, & Peewee Mjr. AA/AAA
(Players divided by level. Earliest start time is 11am latest end time is 6:30pm)

Daily Schedule: On-ice Speed Station Training, Full-ice Breakaway Speed Work, Blast Challenge, Laser Timers & more specialized training equipment, Off-ice Speed specific exercises, Off-Ice Technique Enrichment. PLUS each day ends with a full hour of balance & deep flexibility!

Developed and Run by Wendy Marco Internationally recognized as one of the top skating coaches in the sport of ice hockey. With a professional strength coach, certified sport specific flexibility trainer, and a team of highly accomplished, and extremely fast, skating instructors!



Real comments from past EXPLODE participants:

"The hardest hockey camp, period." "The best skating camp I've ever been to!" "Brutal, but very effective!"
"Most physically and mentally demanding camp ever." "I had NO IDEA I could skate this fast!"

www.ColdRushHockey.com