



EXPLODE

A camp that promises to do just one thing...

INCREASE SHORT BURST SPEED!



EXCLUSIVELY for ELITE Ice Hockey Players



5 hours of Speed Training Daily!
Specialized speed training techniques and equipment

Kettler Capitals IcePlex Arlington, VA

August 1-5, 2011 \$485

JR A, ACHA D1, Midget AA/AAA, Bantam AAA*

(*Bantam AA and Pee wee major AAA considered on a case by case basis)

Players divided by level, earliest start is 11am latest end time is 6:30pm

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 *fast* instructors!

"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