

# EXPLODE

A camp that promises to do just one thing,  
*One thing that will change your entire game...*

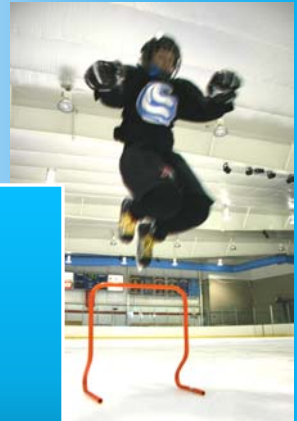
## INCREASE SHORT BURST SPEED!



**EXCLUSIVELY for ELITE Ice Hockey Players**



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### Camp Details-

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

**Kettler Capitals IcePlex Arlington, VA**

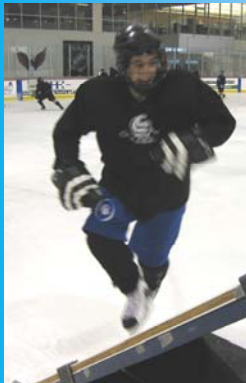
**August 3-7, 2009, 11am-6:30pm, \$485**

Group 1- Bantam & Midget AA/AAA Group 2- Bantam A & PeeWee A/AA/AAA

### 5 hours of Speed Training Daily Includes:

On-ice Speed Station Training, Full-ice Breakaway Speed Work, Full-Speed Blast Challenge Sessions with Laser Timers, Off-ice Speed Training, Flexibility/Balance/Core Strength Session, and Off-Ice Technique Enrichment.

**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 EXPLODE '08 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](http://www.ColdRushHockey.com)**