

2010 Hockey Camps at a glance

CUTTING EDGE

HOCKEY PLAYERS OF ALL AGES AND LEVELS

"OVER-SPEED"

NEUROMUSCULAR SYSTEM TRAINING. USING PARACHUTE SPRINTS, "LET-GO" PARACHUTE SPRINTS, "OVER-SPEED" BUNGI CORD "TOW-SPRINTS", AND FOOT SPEED BELTS.

Thursday night sessions - Knickerbacker Rink, Lansingburg from 6:30 PM – 7:50 PM

April 29

May 6, 13, 20, 27

June 3, 10, 17, 24

Hockey Players and Figure Skaters

Special Price - \$15 per session!

Pay at the door on the weeks you go

Sunday Sessions

NEW Sunday Dryland Training

12:00 PM – 1:15 PM at Cutting Edge Sport Sciences Gym \$15 per week

Offered before On Ice Sessions in July and August

Albany County Airport Rink - from 2:15 PM – 3:45 PM

July 11, 25

August 1, 8, 15, 22, 29

On Ice Only Over-Speed & Skills

\$25 per week, \$49/2 weeks, \$73/3 weeks

\$96/4 weeks, \$119 for 5 weeks, \$141/6 weeks,

\$162 for all 7 weeks

Day Camps

August 9, 12, 16, 19, 23, 26, 30 - Knickerbacker Rink, Lansingburg from 9:30 AM – 3:00 PM

Cost for day camps: \$ 60 per day \$ 115 for 2 days \$ 170 for 3 days

More than 3 days CALL for price.

You can mix and match days!

CALL CUTTING EDGE SPORT SCIENCES AT ***G-E-T E-D-G-E*** (438-3343) FOR MORE DETAILS

www.CuttingEdgeSportSciences.com

email: info@CuttingEdgeSportSciences.com

Name (s) 1.	Phone # ()	
2.	Work # ()	
Address:		
Age:	Body wt.	e-mail:
Hockey experience/level:		
Sessions desired:		

Make checks payable to: CUTTING EDGE SPORT SCIENCES
10 Vatrano Road, Albany, New York 12205