

2009 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.

Knickerbacker Rink, Lansingburg - Wednesday night sessions:

June 17 7:30 PM – 8:50 PM

June 24 7:30 PM – 8:50 PM

Hockey Players and Figure Skaters

Special Price - \$15 per session!

Albany County Airport Rink - Sunday afternoon sessions:

July 19, 26

2:30 PM – 3:45 PM

On Ice Only Over-Speed & Skills

August 16, 23, 30

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

\$96/4 weeks, \$120 for all 5 weeks

NEW Sunday Dryland Training

12:15 PM – 1:30 PM at Cutting Edge Sport Sciences Gym \$15 per week

July 20, 24 and August 3, 5, 7

@ Albany County Airport Rink

9:30 AM – 3:00 PM

August 10, 12, 14, 17, 19, 21, 24, 26, 28

@ Knickerbacker Rink, Lansingburg

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