TOTAL

athlete development

ELITE SUMMER TRAINING

BANTAM • MIDGET • JUNIOR

DRYLAND TRAINING

10 WEEKS AVAILABLE

Week:	Dates:
1	June 4 to 8
2	June 11 to 15
3	June 18 to 22
4	June 25 to 29
5	July 2 to 6
6	July 9 to 13
7	July 16 to 20
8	July 23 to 27
9	July 30 to August 3
10	August 6 to 10

TOTAL PACKAGE - $1000 + GST

WEEKLY - $125 + GST

4 TIMES PER WEEK

MON-TUE-THU-FRI

8:00 - 9:30PM

PAYMENT OPTIONS

CASH, CHEQUE, CREDIT

PAYMENT PLANS AVAILABLE

space is limited to 20 players
Registration for full program will include
1 week conditioning camp in August

Training at TAD facility - 8112 Fraser Ave

CERTIFIED TRAINERS GUIDE PLAYERS IN

aerobic & anaerobic system development recovery
muscle endurance strength power flexibility foot speed
proper lifting techniques agility mobility explosiveness

REGISTER AT TOTALATHLETE.NET

Contact Tom 780-881-3108 kecatad@gmail.com