



We are proud to announce the launch of our Elite Summer Off-Season Training Program at Empire Athletics and Wellness, designed for athletes who are committed to elevating their performance and preparing for long-term success in sport.

This high-performance program will run from our state-of-the-art facilities in Duncan, providing your athlete with access to top-tier coaching, premium equipment, and a professionally designed training environment tailored to their age and level of competition.

Program Overview:

Our comprehensive weekly structure focuses on developing key pillars of athletic performance:

- 2x Strength Sessions
- 1x Boxing Session
- 1x Speed & Agility Session (held at the track)
- 1x High-Intensity Conditioning Session
- Optional Mobility Session with Empire Physio (add-on)

Investment:

- EXCLUSIVE Cowichan Valley Minor Hockey Association Rate= \$140/week (regular pricing=\$180 per week)
- Paid weekly — only pay for the weeks your athlete attends
- Additional sessions available upon request

Group Placement:

- U10 (only 4 sessions per week, \$120/week)
- U13
- U15
- U18
- Junior
- College / Pro

Each group will train in a structured, competitive environment with programming customized to their development stage and performance goals.

At Empire, we take pride in offering a professional training experience that mirrors the demands of elite-level sport, while providing flexibility and individualized attention. This program is an excellent opportunity for athletes to gain a performance edge heading into next season.

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