



2023 U13 AA Summer Development Camp

Camp Schedule:

Off-Ice Conditioning	On-Ice Development
June 7/8: Ross Sheppard Highschool	June 6: Callingwood 7:45pm
June 12/15: Ross Sheppard Highschool	June 13: Kinsmen 6:30pm
June 19/22: Ross Sheppard Highschool	June 20: Callingwood 7:30pm
June 26/29: Ross Sheppard Highschool	June 27: Callingwood 7:30pm
July 5/6: Ross Sheppard Highschool	July 4: Callingwood 7:30pm
July 10/13: Ross Sheppard Highschool	July 11: Callingwood 7:30pm
July 17/20: Ross Sheppard Highschool	July 18: Callingwood 7:45pm
July 24/27: Ross Sheppard Highschool	July 25: Kinsmen 7:30pm
July 31/Aug 2: *TBA	August 1: Callingwood 7:30pm
Aug 9/10: Ross Sheppard Highschool	August 8: Callingwood 7:45pm
Aug 14/17: Ross Sheppard Highschool	August 15: Callingwood 7:15pm

Registration:

Click [HERE](#) to register.

Note: Maximum registrations are 30 players and 4 goalies. A wait list will be maintained.

Sessions:

- The EFAC Pandas organization will provide the coaches for the on-ice component.
- All off-ice conditioning sessions will be one hour in length and registrants will be assigned to either 6pm or 7pm groups.
- Alex Tonsi will provide the off-ice training.
 - o About Alex Tonsi:
 - Bachelor of Physical Education, Concentration in Sport Performance (University of Alberta); Certified Strength and Conditioning Specialist (CSCS); NCCP Competition Introduction Certified Olympic Weightlifting Coach (NCCP CIC)
 - Ross Sheppard High School - Head Strength and Conditioning Coach (2015- Present)
 - T.O.P Weightlifting Club - Head Coach (2020-Present)
 - Alberta Weightlifting Association - Junior Provincial Team Coach (2019-Present)
 - Edmonton Huskies Football Club - Strength and Conditioning Coach (2017-Present)
 - Edmonton Elks Football Club - Strength and Conditioning Coach (2013-2015)
 - University of Alberta High Performance Training Centre - Strength and Conditioning Coach (2013-2015)

Questions:

If you have any questions, please contact registrarefha@hockeyedmonton.ca