



Pre-Evaluation Conditioning Camp U16 / U19

Facilitated by: SPRA POWER AA

Fee - \$100 Players, \$50 Goalies

Registration opens June 28th - SPRA athletes only. After August 15th registrations will be open to other associations. Please register on the SPRA website.

Warren Fuller, Coach, POWER AA U19, will be the lead instructor for this camp.

Sessions offered:

Combined U16 / U19 athletes, maximum of 30 athletes. **(This camp is open to all U16 and U19 athletes)**
(Min. of 15 registered athletes)

Dates:

- Thursday August 8, 5:15 – 6:30pm at GARC
- Saturday August 10, 12:00 – 1:15PM at GARC
- Monday August 12, 5:00 – 6:16pm at ARC-E

For more information Contact the SPRA AA director aadirector@sherwoodparkringette.ca