

# Jr. Ducks Summer Conditioning Clinics

This series of conditioning clinics is designed for current Jr. Ducks players looking to stay in shape and continue to keep up their skills during the off season as well as anyone who is looking to possibly become a Jr. Duck in the future. This is a good introduction to the skills needed and a great way to prepare for tryouts that will be held in the fall. Two different levels will be offered, divided by birth year. Check below to see if you fall within the Tuesday or Wednesday group.

These clinics consists of eight 80 minute sessions for \$120.00. All training during the clinics to be instructed by Ben Barrett and Mishka Drury.

Each session will be from 6:00 – 7:20pm and is comprised of:

- ★ 30 minutes of power skating
- ★ 30 minutes of skills
- ★ 20 minutes of conditioning/fun game

## Tuesday sessions:

August 4, 11, 18, 25

September 1, 8, 15, 22

Birth year 97, 98, 99, 00, 01 & 02

## Wednesday sessions:

August 5, 12, 19, 26

September 2, 9, 16, 23

Birth year 92, 93, 94, 95 & 96



**Register Online or at the Front Desk!!!**