



NATIONAL SPORTS DEVELOPMENT

PROGRAM: WEEKLONG SUMMER HOCKEY CAMP (SOUTH) – HALF-DAY
AGE: TYKE
DATES: AUGUST 23-27, 2010 **GROUP #22**
TIME: 1:45 PM – 4:45 PM

Thank you for your interest in NSD's **WEEKLONG SUMMER HOCKEY CAMP (SOUTH) – HALF-DAY - TYKE**, as we are very excited to have you experience one of our summer programs. Please find below the details surrounding your specific program.

DAILY CAMP SCHEDULE:

TIME	DETAIL	LOCATION*
1:15pm	Drop-off	NSD South
1:15 – 1:30 pm	Change	NSD South
1:30 – 2:45 pm	Uni Hockey/Dryland/Skate Treadmill	NSD South
2:45 – 3:00 pm	Bus to Trico Centre/Lunch	Trico Centre
3:00 – 3:30 pm	Change	Trico Centre
3:30 – 4:45 pm	Ice	Trico Centre
4:45 pm	Pick-up	Trico Centre

*NSD South – 7475 Flint Road SE – P: 403.201.8788

*Trico Centre – 11150 Bonaventure Drive SE – P: 403.278.7542

ITEMS TO BRING:

- Ice Sessions - Full Gear is required including mouth guard, neck guard and water bottle
- Dryland Training – Shirt, shorts, runners and water bottle are required
- Lunch and healthy snacks are strongly recommended.

By offering sport specific development and public fitness programs for all ages and skill levels, NSD offers “Something for Everyone.” We are very excited to have you be a part of our 2010 Summer programs. Please feel free to utilize the following NSD contacts, should you require further information surrounding your upcoming summer program and/or would like to register today!

For more information:

Donna Kozun
Director, Business Development
P: 403.984.6701
E: dkozun@nsd365.com

To Register:

NSD Registrar
P: 403.201.8788
E: registration@nsd365.com

“SOMETHING FOR EVERYONE – BUILDING BETTER ATHLETES”

For more information on our programs/facilities please visit us online at www.NSD365.com