

OT SPORTS CONDITIONING

Name: _____

Address: _____

City: _____ Postal Code _____

Phone: (____) _____

Cell: (____) _____

Email: _____

Emergency Contact Information:

(Name) _____

(Number) _____

Age Group for the 2011/12 Season: _____

Mail Completed Registration Forms to:

OT Sports Conditioning

% Brad Tiley

R R #2 153 Browns Lane

Shallow Lake, ON NOH 2K0

(cash or cheques accepted)

(please make cheques payable to Brad Tiley & Mark O'Leary)

Email: OTconditioning@gmail.com

Phone: (519) 371-6280

OT SPORTS CONDITIONING

PROFESSIONAL ATHLETIC TRAINING

Mark O'Leary and Brad Tiley

AAA CONDITIONING CAMP

**ELEVATE *YOUR* GAME TO THE
NEXT LEVEL!**

8 HOURS OF INTENSE DRYLAND
AND ON-ICE TRAINING
WITH PROFESSIONAL ATHLETES

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Our Training Staff:

Brad Tiley—Played 18 years of professional hockey and former Assistant Coach with the Owen Sound Attack

Mark O'Leary—Played 6 years of professional hockey and 3 years in the OHL

Our Focus for this Camp:

- *Core Strength*
- *Power-Explosive Starts*
- *Quick Feet*
- *Skill Development*
- *Strength Training*



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Equipment Requirements

Mouth guards and a CSA approved helmet are mandatory

WE WILL FORWARD YOUR ICE TIMES AND DRY LAND TRAINING SCHEDULES UPON REGISTRATION

Location: Durham Arena

Price: \$199.00 per player

Camp Dates: Tuesday & Wednesday
(March 22 to April 13)

**ENROL NOW AS SPACE
IS LIMITED!**

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