



Presents

# Spring Boot Camps

Dates of this camp can be determined by your school director or coach. Last year we ran one boot camp per day in different areas, and this year we plan to do the same. However, because we will have some return locations. The camps will fill-up fast. So to avoid disappointment please sign up early.

### Competitive Boys and Girls currently in grade 6 or above

*\*\*Sessions will run 2-hour 2 times a week \*\*Groups will go from 6:30 to 8:30  
\*\* Groups will be divided primarily based on age, sex and experience*

**Cost – \$150 for 1 day per week for 10-Weeks or \$250 2-days per week.**

This camp is designed to focus on intense physical and fundamental development during a time when there is a minimum level of game distraction. Athletes will have an opportunity to train 1 time or 2 times a week under the guidance of current and former men’s and women’s post secondary coaches and international caliber fitness trainers. *(We will offer games, in the camps with sufficient number of participants)*

### Program Features

- **\*NEW\*** Speed/Quickness/Agility training with fitness trainer **TBA**
- Focus on lower body reactive power with Vertimax V8+ elite training units
- Training on position specific fundamental skills
- 10,000 shots with a shooting machines *(based on Registration 20 or more)*
- **\* Check out Vertimax at - [www.vertimax.com](http://www.vertimax.com) (based on Registration 20 or more)**

***~ Sessions directed by senior instructors Ron Hopkins and Jamie Peers ~***

**Ron Hopkins (Club Director)** Ron is in his 29<sup>th</sup> year of coaching. He has coached at numerous levels from community to college in both Canada and the United States. He has worked with over 100 athletes who have gone on to play at the post secondary level.

**Jamie Peers** Jamie has 22 years of experience coaching all levels. He has coached college women to a provincial championship level and men to a national championship level. Jamie has also spent time coaching with the Canadian National Men’s and Women’s Wheelchair Basketball teams.

| Swoosh Canada Boot Camp – Boys [ ] Girls [ ] Current Grade _____   |  |                     |
|--|--|---------------------|
| Last Name: _____   | First Name: _____  |                     |
| Address: _____   | Postal Code: _____   | City: _____         |
| Age: ____  | Email Address: _____   | Home Phone #: _____ |
| School: _____  | Interested in information on future programs? Yes [ ] No [ ] |                     |
| Emergency Contact Name: _____  | Phone: _____   |                     |
| Please list time preferences as well as time conflicts _____   |  |                     |
| To register, contact Ron Hopkins at 780-200-9053 or email at <a href="mailto:coachhopkins@hotmail.com">coachhopkins@hotmail.com</a>  |  |                     |
| <b>** Cheques made payable to Swoosh Canada and mail them to 17019 – 100<sup>th</sup> Street<br/>Edmonton AB T5X 4R8 or pay on-line at <a href="http://swooshcanada.com">swooshcanada.com</a> **</b> |  |                     |