



ON/OFF ICE SPEED CONDITIONING CLINIC

June 29 - August 17th, 2009

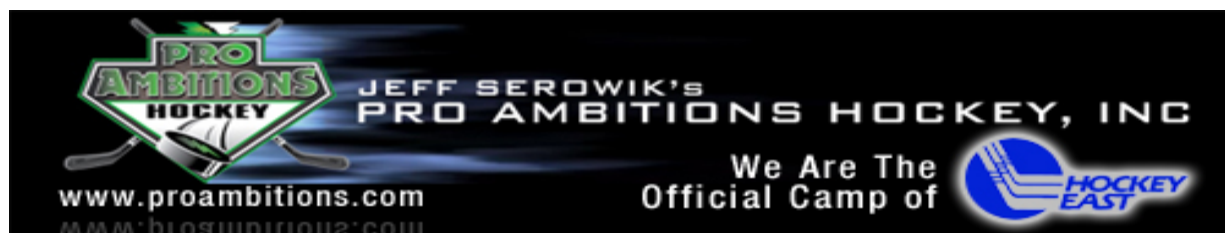
Boys HS, Tuesday and Thursday 1 to 3 PM.

Girls U10 to U14, Monday and Wednesday 1 to 3 PM.

Precision Speed and Strength and Pro Ambition Hockey will be offering an intense 8 week 2 hour speed conditioning clinic at The POND in Norwood.

Pro Ambition Hockey and Precision Speed and Strength's Dick Sullivan, former regional director of Dryland Training for U.S. Hockey, have combined to provide a summer long training and conditioning program on and off the ice. Each group will have no more than 12 skaters on the ice at a time and 12 on the turf. Each student will finish our program faster and stronger on and off the ice. They will learn valuable information and skills to help them become a stronger and faster hockey player .

Pro Ambitions and Dick Sullivan from Precision have combined their talents to offer a comprehensive program for the complete hockey player looking to get faster, stronger and develop their hockey skills to a new level. This program will not only improve your skills but it will help you get off to a great start in your hockey season. You'll learn more in this one summer about skill development in hockey and preparing your body to perform better on and off the ice, than you will in a lifetime. You'll use these new learned skills for a lifetime!



all 781-329-8220 or register @ www.proambitions.com