



# PROSPECTS

— ACADEMY —

# SUMMER

# TRAINING

## 8 WEEK PROGRAM

### TUE & WED



JUNE 2 & 3  
JUNE 16 & 17  
JULY 7 & 8  
JULY 21 & 22

JUNE 9 & 10  
JUNE 23 & 24  
JULY 14 & 15  
JULY 28 & 29

### 2015-2013



**9:00 AM**  
ICE



**10:15 AM**  
WORKOUT

### 2012-2010



**8:45 AM**  
WORKOUT



**10:15 AM**  
ICE

**\$575**

TOTAL PROGRAM COST



LIMITED TO  
**18 SPOTS**  
PER GROUP!

**ST. PETERS REC PLEX SOUTH RINK**

STRENGTH & CONDITIONING  
PAUL O'CONNOR

ON-ICE TRAINING  
GREG AMLONG  
RYAN MCGRATH  
KYLE O'KANE  
JARED WESTCOTT

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