

The Alberta Sport Development Centre

works to coordinate and enhance services available to Alberta's emerging athletes and coaches. Regional centres provide services to athletes and coaches residing in rural and urban areas, allowing athletes to develop and train at a high level without leaving home.

ASDC.ca

TO RECEIVE INFORMATION

on programs and services available to you through
ASDC-Northeast, located in Fort McMurray, AB please contact:
Charity Wiley, Program Facilitator at 780-792-2697



Register Now

780-791-7792



Government
of Alberta ■



THEY SAY THE
SKY IS THE LIMIT

**WE SAY THERE
IS NO LIMIT**



SUMMER PERFORMANCE CAMP



There is no better training opportunity for competitive athletes than the ASDC-NE Summer Performance Training Program. This 3 week program provides elite training for athletes looking to reach the top of their game. In addition, athletes will be educated regarding training principals, proper nutrition, hydration and recovery for optimum performance.

TRAINING SCHEDULES

Option#1:

June 28 - July 16,2010

Option#2:

August 2 - 20, 2010

Time: 9-11 am or 1-3 pm



TRAINING OPTIONS

Holistic Enhancement Package:

Five, 2 hour sessions per week for three weeks (15 sessions).

Monday - Friday

Focus: Overall performance

\$450.00 + GST

Overall Maintenance Package:

Three, 2 hour sessions per week for three weeks (9 sessions).

Monday/ Tuesday/Thursday

Focus: Maintenance of Strength,

Endurance and Anaerobic

performance

\$300.00 + GST

Power and Speed Package:

Three, 2 hour sessions per week for three weeks (9 sessions)

Monday/ Wednesday/ Friday

Focus: Power and Speed

Enhancement.

\$300.00 + GST

Endurance Maintenance Package:

Two, 2 hour sessions per week for 3 weeks (6 sessions).

Tuesday/Thursday

Focus: Aerobic Endurance and

Anaerobic performance training

\$200.00 +GST

FOR YOUR INFORMATION!

- Athletes must be 12 years and older
- There are a total of 20 spots available for each package / date option
- Registration is on a first come first served basis.
- All athletes are required to be an ASDC-NE members (memberships can be purchased at the Syncrude Sport & Wellness Centre)
- Commitment and intensity during training will be expected in order to achieve results.

WEEKLY SCHEDULE

Monday: Strength & Core

Tuesday: Endurance

Wednesday: Speed & Agility

Thursday: Interval Training

Friday: Power & Plyometrics