



## **GMHA Tryout camps**

### **U14-U12 Camp**

Our March & April U14 to U12 program will run Mondays and Wednesdays from 6pm-7pm and on Saturdays from 10am-11am. This program will focus on speed development, functional strength and conditioning to keep athletes ready for tryouts. Contact [wayne@jointhepursuit.com](mailto:wayne@jointhepursuit.com) to register!

Regular Price: \$240.00

**GMHA Members price: \$159.99**

### **U17-U15 Camp**

Our U17 to U15 program will runs Mondays and Wednesdays from 430-6pm and on Saturdays from 11am-1230pm. This program will emphasize acceleration, change of direction, structured strength and conditioning specific to the work to rest ratios of hockey. Contact [wayne@jointhepursuit.com](mailto:wayne@jointhepursuit.com) to register!

Regular price: \$340

**GMHA Member Price: \$259.99**

### **Summer Speed Camp**

Our Summer Speed camp will begin May 3<sup>rd</sup> and run until the end of August for athletes U12 and up. This new program will focus on developing game changing speed, improving change of direction and agility. Register by April 15<sup>th</sup> for our early bird special to receive 15% off. Contact [wayne@jointhepursuit.com](mailto:wayne@jointhepursuit.com) for complete details.