



Pinnacle Sports Development

Summer 2010

Elite Class Schedule

PSD COMPLETE CAMP

This 3 day a week camp focuses on overall body strength through weight lifting, speed and agility and core workouts. Also, the athlete will learn the importance of nutrition to maximize the body's full potential during training and competition. Each athlete will gain the proper foundation to jump starting a long career at their sport.

AGES 11-13

June 22 - August 12 (8 weeks)

Tues, Wed, Thur

9:00-10:30 am or 2:30-4:00 pm*

\$290

*** Flex Schedule**

How it works—You train once a day 3 times a week, but you have the option of 2 different times during the day. You still train to your specific program with the assistance of our trainers and maximize your time in the process.

PSD ELITE CAMP

The program is designed after a Division 1 training program to promote accelerated development for the elite athlete that wants to raise his or her game to a new level. All of the benefits of the "Complete Camp" and more as our staff will help maximize the potential of every athlete. This camp is designed to prepare the athlete and have them game shape ready prior to their upcoming tryouts and start the season off strong.

AGES 14-18

Session 1 6/8-7/15 (6 weeks)

Session 2 7/20-8/26 (6 weeks)

Tues, Wed, Thur

9:00-10:30 am or 2:30-4:00 pm*

\$165 PER SESSION

(times will be adjusted for when athletes return to school)

Class sizes are limited.
Register today in person or online at
www.leafsicecentre.com



PINNACLE

SPORTS DEVELOPMENT



LEAFS

ICE CENTRE

847.844.1217 • www.leafsicecentre.com
801 Wesemann Dr. • West Dundee, IL 60118