***2019 CHRIS BORNER***

***Elite Invitational U16-U18***

***Summer Camp @ Haymarket Iceplex JULY 29 to AUG 2***

******

***Get in shape for the Season!***

* **The camp will be run by Chris Borner (USA Hockey level 5 Coach).**
* **High tempo drills, (2 x 80min ice sessions per day) / Flow drills.**
* **Breakouts, Forecheck, Zone Entry, Attacking the Net, Conditioning.**
* **Daily Chalk Talk regarding all concepts.**
* **One Hour Off Ice Conditioning at “NEXT LEVEL TRAINING” Daily**
* **Nutrition Presentation by “NEXT LEVEL TRAINING”.**
* **Meals and Sports Drink Included.**
* **Camp Jersey included. Camp Times: 8:30a-4p**
* **Cost for the Elite Invitational Camp is $425 and Goalies: $325**

**For more info and to register contact, Chris Borner at chrisborner@gmail.com**