

4. **OPTIMAL TRAINING ACADEMY: Boys and Girls Ages 9 & over**

Continuing to pioneer the first long term training program in Canada for ages 5 +, this exciting initiative is returning for a 6th season and is designed to introduce and educate young athletes of the "A.B.C's of athleticism being agility, balance, coordination and speed: necessary to reach their athletic potential. Working with Sport Scientists and Sport Specialists, teams can create their own workout schedule based on available dates. Sports and Teams have included Hockey, Soccer, Ringette, Volleyball, Basketball, and Badminton. Every athlete is provided with specific instruction designed to improve their performances through proven World Class training techniques. Choose a Fall or Winter Session. In association with Billy Keane & the Dakota Development Camps.

**Strength & Conditioning Coach – Terry Hadlow,  
Former Olympic Weightlifter, Optimal Training Academy Strength & Fitness Coach**

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|---------------------------------------|--------------|-----------------------------|
| <b>a) Team Training</b>               | <b>COST:</b> | <b>\$95.00 for 10 hours</b> |
| <b>b) Individual Monthly Training</b> | <b>COST:</b> | <b>\$150.00 per month</b>   |