

## Registration Information

Payment can be made over the phone, in person at the Main Office or online at [www.dakotacc.com](http://www.dakotacc.com).

Payment is due in full; debit, VISA, MasterCard, cash, or cheques are accepted.

The Program Manager reserves the right to move the participants from one team/camp to another to ensure a high quality experience for the participant.



## Contact Information

Dakota Community Centre  
Anthony Knapp  
Program Manager  
1188 Dakota Street  
Winnipeg, Manitoba R2N 3H4  
Email: [dakotaaccpm@shaw.ca](mailto:dakotaaccpm@shaw.ca)  
Phone: (204) 254.1010 (ext. 201)  
Fax: (204) 254.8220

Visit <http://www.dakotacc.com> for more information regarding the OTA, and register today!

# Dakota Community Centre

Optimal Training  
Academy - YOUTH

**FALL/WINTER SESSION**



# Optimal Training Academy

## - Youth Program

**This program is partnered with the OTA youth summer program. It is designed to challenge participants and take their overall physical fitness to another level.**

**Youth will improve upon all aspects of their fitness including: Strength, flexibility, muscle endurance, cardio and nutrition.**

**Come sweat with other members of your peer group in a very motivating and positive environment!**



### Schedule:

#### Date/Times:

**Mondays – 6:00 - 8:00pm**

**Wednesdays – 6:00 – 9:00pm**

**Thursdays – 6:00 – 8:00pm**

**Saturdays – 10:00 – 11:00am**

### Price:

**\$175 per month.**

### Customer Testimonial

"The Optimal Training Academy has really helped me develop. From the on ice sessions to the weight room, every aspect of it has been great. The close relationships you build over the years with the trainers really helps you excel in this program. In my case, the 6 years of working with Terry Hadlow has really benefited me. He pushed me and the program really knows how to focus on every athlete's needs"

#### Travis Hamonic

- 6 year member
- 2010 Canadian World Junior Hockey member
- 2<sup>nd</sup> round NHL draft pick (NY Islanders)

## Optimal Training Academy Coaches

Head Instructor: Terry Hadlow

Terry Hadlow has been at Dakota Community Centre for 9 years, and brings an intensity and knowledge few can match. Terry has appeared in the Olympics for the Canadian weightlifting team, and has also captured a gold medal at the Pan American Games. Terry has a great understanding of the athletes he trains, and knows what they need to do to achieve the next level of their athletic development.

Recent accomplishments include:

2010 World Weightlifting masters GOLD medal winner.

Terry was also recognized as the masters best overall weightlifter throughout all the age categories.

Program Manager: Anthony Knapp

Phone: 254-1010 (201)

Email: [dakotaccpm@shaw.ca](mailto:dakotaccpm@shaw.ca)

Information also available online at [dakotacc.com](http://dakotacc.com)



Dakota Community Centre