

TAKE YOUR GAME TO THE NEXT LEVEL

HIGH PERFORMANCE DEVELOPMENT PROGRAM 2023

PROGRAM DETAILS

Summer Session

Available for elite players born between 2005 and 2012.

Runs for eight consecutive weeks starting the week of July 3rd.

The camp will run Mondays to Thursdays with the exception of long weekends. These weeks will run Tuesdays to Fridays.

Each day, players will have a one hour skate and a one hour workout.

Maximum group size will be 12 skaters and two goalies.

Two skates per week run by Doug Orr and NTR staff.

One skate per week run by Tara McKay or Karl Stewart.

One high pace 3-on-3 game per week.

All workouts run by Gary Roberts Performance.

Daily protein smoothies after each workout.

Four mental skills sessions with Dr. Cassidy Preston, owner of Consistent Elite Performance.

Two nutrition seminars led by the Gary Roberts Performance team.

8 Weeks	\$3299 + HST
7 Weeks	\$2899 + HST
6 Weeks	\$2499 + HST
5 Weeks	\$2099 + HST
4 Weeks	\$1699 + HST

Minimum four-week commitment to register for the program. Weekly registrations will be waitlist only and only accepted if there is room in the desired week(s).

Goalie registration fees are 50% of above due to no goalie specific on-ice instruction.



**GARY ROBERTS
PERFORMANCE**



For more information and to apply for the program, please contact Ben Alavie at ben@ntrcanada.com