

TACTIC SPORTS PERFORMANCE

Summer Hockey Strength & Conditioning Camp

June 8th - August 8th 2020

Reserve your spot for the area's BEST Hockey Strength & Conditioning Camp!

The TSP Development Camp will focus on:

- Total Body Strength and Power
- Speed - Agility - Acceleration and Deceleration
- Proper Movement Patterns
- Injury Prevention
- Joint Mobility and Stability
- Core Stability
- Rotational Power

Camp Design:

- Athletes will go through metric testing during the first and last weeks of the camp to measure improvement.
- Age appropriate training programs combining skill development, weight room, and recovery.
- Mindset training to include goal setting, visualization, positive self-talk, and overcoming injuries.
- Team nutritional counseling - How and when to fuel, healthy ways to gain mass, and more.

Scheduling:

- Group breakdown and times will be determined in the spring when participant total is set and complimenting camp dates are known. We expect two groups for high school as in the past years.
- We will work to create a schedule that is convenient for the majority of athletes. Unfortunately, we will not be able to accommodate every individual's schedule and hope that you can find time for this valuable training.
- **Please email INFO@TACTICSP.COM with athlete name and age to reserve your spot ASAP.**

Pricing: (Subject to change based on amount of sessions provided per schedule)

High School (14-18yr old)

- **\$595** Full Camp Price - 4 sessions per week (90 minutes)

Middle School (11-13yr old)

- **\$495** Full Camp Price - 3 sessions per week (60 minutes)

Youth (7-10yr old)

- **Foundation Group** classes will be available, which teach the same principles of our older camp sessions with introductory strength training and skill development.

- **Tactic will try to accommodate athletes who miss multiple sessions for vacation / 10% off for family sign up of 2+**

Summer 2020 Tentative Schedule

Tactic Sports Performance							
1885 Holste Rd Northbrook, IL 60062 www.tacticsp.com (224) 326-2367						Summer 2020 June 8th - August 8th 2020	
MON.	TUE.	WED.	THU.	FRI.	SAT.		
Performance / Development	Performance / Development	Performance / Development	Performance / Development	Performance / Development	Performance / Development	Foundation Group	
10:00 - 11:30 AM	10:00 - 11:30 AM	10:00 - 11:30 AM	10:00 - 11:30 AM	10:00 - 11:30 AM	10:00 - 11:30 AM	9:00 - 10:00 AM	
Foundation Group		Foundation Group					
11:00 AM - 12:00 AM		11:00 AM - 12:00 AM					
Performance / Development	Performance / Development	Performance / Development	Performance / Development	Performance / Development	Performance / Development		
4:00 - 5:30 PM	4:00 - 5:30 PM	4:00 - 5:30 PM	4:00 - 5:30 PM	4:00 - 5:30 PM	4:00 - 5:30 PM		
Hockey Camp	Foundation Group	Hockey Camp	Foundation Group				
11-13 Year Old	4:45 PM - 5:45 PM	11-13 Year Old	4:45 PM - 5:45 PM				
5:00 - 6:00 PM	Hockey Camp	5:00 - 6:00 PM	Hockey Camp				
Hockey Camp	Fresh - Soph	Hockey Camp	Fresh - Soph				
Fresh - Soph	5:30 PM - 7:00 PM	Fresh - Soph	5:30 PM - 7:00 PM				
5:30 PM - 7:00 PM	Hockey Camp	5:30 PM - 7:00 PM	Hockey Camp				
Hockey Camp	Junior - Senior	Hockey Camp	Junior - Senior				
Junior - Senior	6:15 PM - 7:45 PM	Junior - Senior	6:15 PM - 7:45 PM				
6:15 PM - 7:45 PM		6:15 PM - 7:45 PM					