

SMASH



DRYLAND TRAINING

SMASH Dryland Training is a local fitness program primarily focused on Youth and Teams. With age specific sessions, SMASH trains boys and girls of all sports and skill levels aged 6-18.

SMASH started up in October 2020, with Carter Shinkaruk a professional hockey player, and Heath Ferguson a local Dad with 3 kids, and a Coach of 10+ years. Both partners have a passion for helping kids stay active, fit, social, and improving confidence.

The **SMASH** Coaches know the importance of positive fitness development through motivation, proper techniques, encouragement and recognizing improvements. Each one hour Session, Team Building Session, Camp, or Multi Week “Prep” Program is jam packed with fitness, hard work, sweat, and includes our secret exercise technique.

We have teamed up with CMBA, to be a “Training Partner” and help Cloverdale Youth get Fitter, Faster, Stronger, and more Confident!

Sign Up your team or youth today and see other familiar faces from sports and activities in our community.

CMBA Family Members Discount: **10% Off**

COVID-19 Protocol & Guidelines: we adhere to the Safety & Social Distancing Measures of ViaSport and Fraser Health.

Website: www.smashdrylandtraining.com

Instagram: smashdrylandtraining

Facebook: smashdrylandtraining

Speed

Mobility

Athleticism

Strength

Hard Work

+ **Confidence** in themselves.