

MORGAN RIELLY
Toronto Maple Leafs

MIKE CARCONE
Vancouver Canucks Prospect

EVAN CORMIER
New Jersey Devils Prospect

VINCE DUNN
St. Louis Blues

TWIST HOCKEY

ARE **YOU** READY TO DO WHATEVER IT TAKES THIS OFF-SEASON?

T-Bird Ready APRIL 3 - AUGUST 11 HIGH PERFORMANCE HOCKEY DEVELOPMENT 2018

INTEGRATED ON AND OFF-ICE DEVELOPMENT | PERFORMANCE TESTING AND ASSESSMENTS
ON-ICE SKILL DEVELOPMENT | HIGH TRANSFER OFF-ICE TRAINING | EXPLOSIVE SPEED & QUICKNESS DEVELOPMENT
PERFORMANCE NUTRITION | MINDSET AND HIGH PERFORMANCE HABITS

SPRING DEVELOPMENT CAMPS - APRIL 3 - JUNE 29
**SUMMER
HIGH PERFORMANCE PROGRAM - JULY 2 - AUGUST 11**

- + 6 WEEK HP CAMP (BANTAM TO PRO) - JULY 3 - AUGUST 11
- + WEEKLY DEVELOPMENT CAMPS (BANTAM TO PRO) - JULY 2 - AUGUST 11
- + 3 WEEK PEE-WEE CAMP - JULY 23 - AUGUST 11

Getting You Ready for T-Bird Camps Aug 13-24

#WhateverItTakes #BeRelentless

WWW.TWISTPERFORMANCE.COM

Contact for more information: train@twistvancouver / 604-428-9478