



Sports and Leadership!!

www.allstarcamps.ca

All-Star Football Camps Touchdown Makers!

Instructors:

Joe Mancin Ex Varsity Player & University Coach

Dino Geremia 18yrs University Coach Football BC

8-13yrs

Play the greatest team sport, throwing, catching, kicking and punting. This non-padded/non-contact camp will touch all the basics of football. Learn offensive and defensive skills blocking and tackling as well as strategy and the team skills so important and prominent in football. Expect special visitors to drop in to join the fun. Contests, games and prizes will fill the week. Be prepared for outdoor and indoor sessions.

Kerrisdale Community Centre

M-F 1:15-4:45pm Jul 26 - 30
23078.301KR 5 sessions / \$170

Hastings Community Centre

T-F 1:15-4:45pm Aug 3 - 6
26027.301HS 4 sessions / \$130

Peak Performers Sports Strength and Conditioning Camp

Instructors:

Joe Mancin Certified Strength and Conditioning Specialist

Dino Geremia Certified Strength and Conditioning Specialist

13-16yrs

Have more fun playing the sport you love because you are in great shape and prepared to utilize all of your skills and abilities. Learn the latest in speed and strength development which includes an athletic dynamic warm-up, speed/agility drills, explosive strength and power lifting, core stability, cool down and post-stretch. In addition, learn about diet, nutrition and setting your athletic and fitness goals. Workbook included so you are able to track your progress. Outdoor, gym, wt. room and classroom sessions.

Kerrisdale Community Centre

M-F 9:00am-12:30pm Aug 9 - 13
33078.301KR 5 sessions / \$170

Hastings Community Centre

M-F 9:00am-12:30pm Jul 26 - 30
36010.301HS 5 sessions / \$170

Register
Now!

Top Instructors
Great Competition
Teamwork
Leadership

Online at www.allstarcamps.ca

At Kerrisdale Community Centre 604-257-8100

At Hastings Community Centre 604-718-6222

For more information contact Dino Geremia
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