



icket
CENTRE



FALL JUNIOR PROGRAM HIGH PERFORMANCE



Invite-only add-on for elite athletes. Includes high-intensity drills, video analysis, conditioning, and preparation for competition. May evolve into a standalone program.



🎯 Elite Drills & Video Feedback



🏋️ Strength & Conditioning Focus



🏆 Prepare for Competitive Play



📍 FRIDAYS | 7:30-8:00 PM

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