

SNOWCROSS BOOT CAMP

5 DAY CAMPS BOOT CAMPS ONLY

20 SPOTS AVAILABLE

WHAT'S INCLUDED:

ALL THE TRAINING

MUSCULAR STRENGTH

MUSCULAR POWER AND FORCE

MUSCULAR ENDURANCE

YOU'LL LEAVE WITH A GUIDE TO HELP YOU GET READY FOR THE UPCOMING SEASON

STRETCH CLASSES

YOGA CLASSES

ALL YOUR MAIN MEALS AND SOME SNACKS

OBSTACLE COURSE

PRIZES AWARDED FOR FASTEST TIMES IN EACH AGE CATEGORY

ACCOMMODATION

RIGHT ON LOCATION AT THE MOTOPARK HOTEL

YOU HAVE TO PROVIDE SLEEPING BAG / PILLOW

LOCATION:

MOTOPARK -

20 MIN OUTSIDE OF OWEN SOUND

2 HOURS FROM TORONTO

WHO:

RIDERS OF ALL SKILL LEVELS WELCOME

MIN. AGE IS 16

WHY:

WITH A LOT OF THE TOP RIDERS TRAINING, IT'S A REQUIREMENT NOW TO MAKE SURE YOUR IN TOP SHAPE. MAKE SURE YOUR NOT GETTING LEFT BEHIND. THE CAMP WILL INCLUDE NUTRITION TALKS, WORKOUTS, STRETCHING TIPS ON HOW TO MONITOR YOUR PROGRESS...WE LEAVE NOTHING TO CHANCE BECAUSE WE ARE SERIOUS ABOUT WINING!!!



EVOLVED MX
EXTREME CONDITIONING



COST:

\$750 + GST

\$175 DEPOSIT REQUIRED TO HOLD YOUR SPOT

INCLUDES:

ALL TRAINING

TAKE HOME TRAINING MANUAL

STRETCHING CLASSES

YOGA CLASSES

MAJOR MEALS, SNACKS AND WATER

ACCOMMODATION

- STAYING AT MOTOPARK HOTEL

- ATHLETES MUST BRING SLEEPING BAG OR SHEETS AND A PILLOW



WHO WE'VE WORKED WITH:

TIM TREMBLAY - ISOC PRO SUPER STOCK CHAMPION 2009-2010

LOGAN CHRISTIAN - ISOC SEMI-PRO SUPER STOCK CHAMPION 2009-2010

LEE BUTLER - CSRA STOCK AND OPEN CHAMPION 2008-2009, 2009-2010

JUSTIN BROBERG, DYLAN MARTIN, STEVE TAYLOR, EMIL OHMAN,

COREY WATKINSON, DARRIN MEES

DAVE JOANIS - CSRA REGIONAL CHAMPION 2009-2010

IAIN HAYDEN - 3 TIME CSRA CHAMPION

KYLE BEATON - MONTREAL SUPERCROSS CHAMPION 2009

GAVIN GRACYK - PRIVATEER OF THE YEAR AMA MOTOCROSS 2008

JARED AND PARKER ALLISON



THE OFFICIAL TRAINING COMPANY FOR:



WHEN:

AUGUST 22ND 2010 (ARRIVE)

AUGUST 27TH (LATE AFTERNOON DEPART)

YOU'LL LEAVE THIS CAMP WITH A CLEAR DIRECTION IN BECOMING PHYSICALLY AND MENTALLY PREPARED FOR THE UPCOMING SEASON !!

THERE WILL BE NUTRITION SEMINARS, COVERING EVERYTHING FROM BASIC NUTRITION, TO SUPPLEMENT USAGE ALONG WITH WHAT TO AND WHEN ON RACE WEEKEND. THE MEALS THAT ARE PROVIDED WILL BE HEALTHY AND TAKEN FROM SOME OF THE RECIPES IN THE MANUAL THAT YOUR TAKING HOME WITH YOU. THERE WILL BE MULTIPLE TRAINERS SO IF AN ATHLETE NEEDS SOME ONE-ON-ONE WORK OR HAS INDIVIDUAL NEEDS THESE WILL BE ADDRESSED.

A TYPICAL TRAINING PROGRAM FROM EVOLVED IS 750 / MNTH AND YOU'LL BE LEAVING WITH A GUIDE COVERING PREPARATION RIGHT UP TILL THE SEASON STARTS SO YOU'LL BE GETTING 3 MONTHS OF TRAINING PLUS NUTRITION FOR THE COST OF ONLY ONE MONTH!!!!

CONTACT US TODAY TO HOLD YOUR SPOT!!!!

20 SPOTS ONLY

FOR MORE INFORMATION OR TO REGISTER CONTACT

DREW ROBERTSON

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