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Description automatically generated 

**ACADIA AXEMEN / AMHA Conditioning Camp for Try Outs**

The Acadia Minor Hockey Association in conjunction with the Acadia Axemen will be running a conditioning camp leading up to the 2024 try outs. The camp will consist of 7 one-hour ice sessions that will be instructed by the Acadia Axemen coaches & players. The ice sessions will focus on skating, puck skills, station work, flow drills & small area games.

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| **U9**  Sat Sept 7th: 11-11:50am  Sun Sept 8th: 11-11:50am  Mon Sept 9th: 5-5:50pm  Wed Sept 11th: 5-5:50pm  Sat Sept 14th: 12-12:50pm  Sun Sept 15th: 11-11:50am  Mon Sept 23rd: 5-5:50pm | **U11**  Sat Sept 7th: 12-12:50pm  Sun Sept 8th: 12-12:50pm  Mon Sept 9th: 6-6:50pm  Wed Sept 11th: 6-6:50pm  Sat Sept 14th: 1-1:50pm  Sun Sept 15th: 12-12:50pm  Mon Sept 23rd: 6-6:50pm |
| **U13**  Sat Sept 7: 1-1:50pm  Sun Sept 8th: 1-1:50pm  Mon Sept 9th: 7-7:50pm  Wed Sept 11th: 7-7:50pm  Sat Sept 14th: 2-2:50pm  Sun Sept 15th: 1-1:50pm  Mon Sept 23rd: 7-7:50pm | **U15/U18**  Sat Sept 7: 2-2:50pm  Sun Sept 8th: 2-2:50pm  Mon Sept 9th: 8-8:50pm  Wed Sept 11th: 8-8:50pm  Sat Sept 14th: 3-3:50pm  Sun Sept 15th: 2-2:50pm  Mon Sept 23rd: 8-8:50pm |

**\*\*COST: $192 (GOALIES ARE HALF PRICE)**

**\*\*MAXIMUM 30 SKATERS PER CAMP.**

**IF YOU HAVE ANY QUESTIONS**

**PLEASE E-MAIL:** acadiaminorregistrar@gmail.com