

SPA CAMP



Coaches

Nicole Crewe,

Fitness and Sports Performance Director
Provincial and National Level tennis
player, NCCP Coach 2, Fitness Coach
for over 5 years

Ryan McFarland

Personal Trainer and Fitness Coach
Black Belt in Kung Fu

Andrew Grossi

Personal Trainer and Fitness Coach
Extensive background in playing and
coaching football and wrestling

Milos Arsic

Personal Trainer and Fitness Coach
Extensive background in Coaching
and playing football and soccer



For more information please
contact:

Nicole Crewe, Fitness and
Sports Performance

Director

at ext 272 or

ncrewe@ontarioracquetclub.com



Ontario Racquet Club

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www.ontarioracquetclub.com



Sports Performance Academy Camp



Summer

Sports Performance Academy Camp

Your young athlete will benefit from the SPA camp by:

- Fitness testing
- Prehabilitation and stretching or optimum healthy body performance
- Strength training
- Endurance training
- Power and Speed training
- **A**gility, **B**alance, **C**oordination Training

The goal of the Sports Performance Academy Camp is to give **ALL** athletes the tools to reach their full **POTENTIAL** in their sport.

Camp Info

Time: 8:30am—12pm

Drop off & pick up: Main Hallway

Age: 8– 16 yrs old

Minimum: 4 Maximum: 20

Sports Performance Academy Camp

Register On-Line!

www.ontarioracquetclub.com

or pick up a registration form at the Front Desk



Fees

Members: \$175

Non-Members: \$200

*for 4 day weeks

Members: \$140

Non-Members: \$165

(plus gst)

Camp Sessions Age years

Program Code	start Date	End Date
09-sum-301.2	June 22—	June 26
09-sum- 302.2	June 30—	July 3
09-sum-303.2	July 6—	July10
09-sum- 304.2	July 13—	July 17
09-sum-305.2	July 20—	July 24
09-sum- 306.2	July 27—	July 31
09-sum- 307.2	Aug 4—	Aug 7
09-sum- 308.2	Aug 10—	Aug 14
09-sum- 309.2	Aug 17—	Aug 21
09-sum- 310.2	Aug 24—	Aug 28



SPORTS PERFORMANCE ACADEMY

