

GRIZZLIES

Summer Ice Camp ST or LT

ADVANCED COMPETITIVE

This camp features technical training and quality dryland workouts for dedicated speed skaters, with an option of testing themselves on the bike by competing in the Tour de Bowness! Take advantage of world class coaching, and test out new equipment before the season gets underway.

When: July 27- July 31, 2020

Where: Olympic Oval Calgary

What: Daily ice sessions—with either a dryland training, or a road ride

Who: Tonny de Jong-Knoll (LT) and Alison Desmarais (ST)

For more information and details on our website: YYCspeed.ca

**Calgary Grizzlies - Proud Recipients of the Speed Skating Canada 2019
Intact Insurance Club Excellence Award**