Conditioning camp for junior players

Vernon Lakers Junior 'A' Hockey Team, in conjunction with Body Shop Workouts, will hold a pre-season conditioning camp next month.

The camp is open to all hockey players aged 13-20. The players will be divided into two groups, bantam (13-15) and midget-junior (16-20).

The workouts are scheduled on Monday, Wednesday, and Friday nights, Aug. 10-21, from 7:30 to 8:30 p.m. Cost of the six-session program is $20 per player.

Lakers' Head Coach Ernie Gare along with Sue Bru, head instructor at Body Shop Workouts, have designed a training program to prepare players for the upcoming hockey season.

Gare said it is imperative for young hockey players to report to their training camps in shape. "This is a good way to get ready for training camp," he said.

Gare emphasized the conditioning camp isn't exclusively for players who will be trying out with the Lakers. "Anyone (aged 13-20) who plans to play hockey this winter is welcome to come out," he said.

In addition to weight training and aerobic workouts, each player will also be given a fitness test. "The fitness test will enable players to identify their weak areas," Bru said. "Then, they will be able toconcentrate on tehri weak area whether it is strength, endurance, or felxibility."

Registrations are limited to 20 per age group. To register, or for further information, phone Body Shop Workouts at 545-3002.