



**8 Week Summer Prep Program to get you in the BEST  
shape and enhance stick skills for High School and  
College Hockey**

**Monday/ Wednesday/ Thursday 7:30-9am**  
**Starting June 1<sup>st</sup> – August 1<sup>st</sup>**  
**Clayton High School Track**

**50 Minutes of Conditioning and Agility**  
**+ 40 Minutes of stick skills per session**

**Individual Session 40\$    1 Month Training 450\$    Unlimited 8 Week Training 825\$**

**Contact Margaret Ott with questions/team training availability**  
**314-708-4448                    [margaret@gritstl.com](mailto:margaret@gritstl.com)**