

# *January 2012*

## **Happy New Year!**

*The New Year is a great opportunity for you to set goals for the 2012 year. Goals are a great way to give you something to strive for. Accomplishing your goals above and beyond what you expected will give you the confidence to push yourself even further to accomplish the impossible!*

There are many programs and opportunities available at BSI this year to help you accomplish those goals. The BSI summer programs are going to be here before you know it. We are also providing three hockey camps for various age groups which are geared towards developing your hockey skills and conditioning.

Playoffs are almost here! It is very important to participate in appropriate training and ensure the proper nutrition requirements to be the best you can be. Speak with Randy for pre/post game meal suggestions to give you the most energy and to allow you to adequately recover before your next game.

### **Upcoming BSI Hockey Camps**



#### **Elite Minor Atom Hockey Camp**

*July 2-6, 2012*

#### **Elite Atom Hockey Camp**

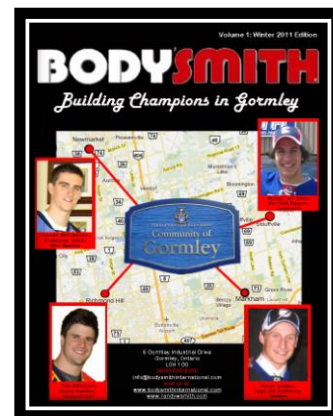
*July 9-13, 2012*

#### **Elite Hockey Camp**

*August 13-17, 2012*

Visit our website at [www.bodysmithinternational.com](http://www.bodysmithinternational.com) or call 905-888-5000 for more information and to register.

### **BODYSMITH - Building Champions in Gormley**



BodySmith now offers a FREE sports magazine. You can now download a copy from our website or pick up a hardcopy here at the gym or at Ultimate Stride and various hockey stores throughout the GTA. Take a look at it and let us know what you think! Three issues will be released each year. Keep an eye out for the next issue coming out in April 2012!