

Power Skating Clinics

Pre Season Powerskating Clinics

for various ages and skill levels.

2 Weeks: August 23-27 & August 30-September 3.

All clinics start on Monday, August 23, 2010.

POWER 1

\$150 RIM Park, Carolyn Fedy Rink

Professional instruction featuring a combination of technique & conditioning. Concentrates on perfecting basic skills— Forward & Backward Strides, Stops, Forward Crossovers, Power Turns. **Geared to Pretyke & Tyke hockey players or Bunny ringette players.**

POWER 1

CAMP CODES

#99334 starts Mon. Aug. 23
5:30 to 6:20 p.m.

#99335 starts Mon. Aug. 23
6:30 to 7:20 p.m.

POWER 2

\$150 RIM Park, Lions Rink

Professional instruction featuring a combination of technique & conditioning. Introduces Backward Stops, Backward Crossovers, Conditioning & Power. **Geared to Novice & Atom hockey players or Novice ringette players.**

POWER 2

CAMP CODES

#99336 starts Mon. Aug. 23
6:00 to 6:50 p.m.

#99337 starts Mon. Aug. 23
7:00 to 7:50 p.m.

POWER 3

\$150 RIM Park, Carolyn Fedy Rink

Professional instruction featuring a combination of technique & conditioning. Introduces Crossovers & Running Starts, Lateral Movement, Conditioning & Power. Fine-tuning of all skills. **Geared to Atom & Peewee hockey players or Petite ringette players.**

POWER 3 CAMP CODES

#99338 starts Mon. Aug. 23
7:30 to 8:20 p.m.

POWER 4

\$176 Includes Dryland Training Ice portion at RIM Park, Lions Rink

Professional instruction featuring a combination of technique & conditioning. Introduces Crossovers & Running Starts, Lateral Movement, Conditioning & Power. Fine tuning of all skills, at a faster pace. Dryland Training covers conditioning exercises addressing strength, stability, coordination, flexibility & core athletic movement patterns. **Dryland will occur on Mon/Tues/Thurs at 7:15 p.m.—meet at Carolyn Fedy Rink. Wed/Fri will start at 8 p.m. on the appropriate rink. Geared towards Peewee & up hockey players, or Junior/Belle & up ringette players.**

POWER 4

CAMP CODES

#99339 starts Mon. Aug. 23
8:00 to 8:50 p.m.

POWER 5

\$186 Includes Dryland Training Ice portion at RIM Park, Carolyn Fedy Rink

Professional instruction featuring a combination of techniques & conditioning. Stresses technique of skills, conditioning & power. Fine tuning of all skills at a faster pace. Dryland training will cover conditioning, strength, stability, coordination, flexibility & core athletic movement patterns. **Dryland will occur on Mon/Tues/Thurs at 7:45 p.m.—meet at Carolyn Fedy Rink. Wed/Fri will start at 8:30 p.m. on the appropriate rink. Geared to AAA Peewee & up hockey players, or A & AA Junior/Belle & up ringette players.**

POWER 5

CAMP CODES

#99340 starts Mon. Aug. 23
8:30 to 9:20 p.m.

GENERAL POWERSKATING CAMP INFORMATION

**Head Instructors: Bob Mackowski & Keith McCarthy
of Twin City Hockey Skating School**

Please note that basic skating skills are required; this is not a learn-to-skate program. Parents of participants under 18 years of age must sign a waiver and hand it in when registering. Participants aged 18 & older must sign their own waiver and hand it in when registering. If there are any questions or concerns, please call (519) 886-1177 x247. This program meets criteria for Children's Fitness Tax Credit.

Registration begins April 1, 2010 5