

# AGGRESSIVENESS CLINIC

...Let's Get After It!..

1.5 hours of Expert Instruction + Drills

From: **Strong Hockey, Jim Armstrong + Staff**



\*We Will **Teach** your skater how to be **Aggressive** all over the ice

We will Focus On Becoming Aggressive:

- **In the Corners**
- **Going After Loose Pucks**
  - **Along the Boards**
  - **In Front of the Net**
- **Using Body Position to Gain Control**

**Where:** at the Rochester Ice Center, Thomas Creek

**When:** November 11<sup>th</sup>, Veterans Day, a Wednesday

**Session #1:** Ages 6 – 9, 11:15 - 12:40

**Session #2:** Ages 10 – 14, 12:40 - 2:05

**Total Cost:** \$32, for 2 from the same family \$60

- Suggest registering early as class size will be limited to 34 skaters.

- 4 Instructors on-ice with 28+ skaters

**To Register:** Please fill out this form and send a check for \$32 made payable to: Strong Hockey, 1370 New Seabury Ln, Victor, 14564.

Questions: send to Jim Armstrong's e-mail, [jtarm@frontiernet.net](mailto:jtarm@frontiernet.net)

Name of Skater: \_\_\_\_\_ Age: \_\_\_\_\_ TC Ag

Parents Names: \_\_\_\_\_

Address: \_\_\_\_\_ Town: \_\_\_\_\_ Zip: \_\_\_\_\_

Telephone: \_\_\_\_\_ E-mail: \_\_\_\_\_

For Additional Clinics – see: [www.StrongHockey.com](http://www.StrongHockey.com)

We look forward to working with you! Strong Hockey LLC