



BACKWARDS SKATING CLINIC

Increase Speed...Pivot Sharper... Better Balance

2 Hours of Backwards Skating

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

We Will Teach the Proper Techniques of Backwards Skating

- **Lengthening Your Strides**
- **Crossovers and Turning**
 - **Pivoting**
- **Changing Directions**
- **Handling the Puck**

Where: at the **LakeShore Arena**

When: February 21st

Ages, 6 – 13, We will divide them up according to Age.

9:00 – 1:00 a.m.

Total Cost: \$32, for two from the same family \$55

- Suggest registering early as class size will be limited to 32 skaters.

- 4 Instructors on-ice with 24 + 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

Name of Skater: _____ Age: _____ LS Back

Parents Names: _____

Address: _____ Town: _____ Zip: _____

Telephone: _____ E-mail: _____

For Additional Clinics – see: www.StrongHockey.com

We look forward to working with you! Strong Hockey LLC