



BACKWARDS SKATING CLINIC

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

2 Hours of Backwards Skating

From: **Strong Hockey**

We Will Teach the Proper Techniques of Backwards Skating

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

Where: at the Rochester Ice Center

When: **January 18th**, MLK Day, a Monday

Ages 7 - 13, 1:00 - 3:00

** We will put them in their own age groups.

Total Cost: \$38, for two from the same family \$70

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

- 4 Instructors on-ice with 32 skaters

To Register: Please fill out this form and send a check for \$38 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: _____ RIC BW _____

Parents Names: _____

Address: _____ Town: _____ Zip: _____

Telephone: _____ E-mail: _____

For Additional Clinics – see: www.StrongHockey.com