



# 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 **Webster Arena**

When: January 18<sup>th</sup>, MLK Day, a Monday morning

Ages 7 – 13, 9:00 – 11:00 a.m.

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

Total Cost: \$36, for two from the same family, \$65

- 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 \$36 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: \_\_\_\_ \_ Web BW \_\_\_\_\_

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

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

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

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