



BACKWARDS SKATING CLINIC

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

1.5 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 16th, MLK Day, a Monday

Ages: 6 – 9, 9:00 – 10:25 a.m.

Ages: 10 – 14, 10:25 – 11:50

Total Cost: \$31, for two from the same family, \$58

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

- 4 Instructors on-ice with 25 + skaters, will add proportionally

To Register:

Send Jim an e-mail to pre-register at: jtarm19@gmail.com; then pay thru Venmo at: Jim-Armstrong-46

or

Fill out this form and send a check for \$31 made payable to: Strong Hockey, 1370 New Seabury Ln, Victor, 14564.

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Name of Skater: _____ Age: _____ Web BW _____

Parents Names: _____

Telephone: _____ E-mail: _____