

# Checking CLINIC

**...Play With Confidence!..**

**1.5 hours** of Expert Instruction + Drills

From: **Strong Hockey and Staff**

\*We Will **Teach** your skater how to Receive and Give checks safely.

We will Focus On:

- **Body Positioning**
- **Receiving Checks**
- **Giving Checks**
- **Angling the Puckcarrier**
- **Taking a Hit to Make a Play**

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

**When:** March 18<sup>th</sup>, a Monday Night

**Session Time:** 5:45 - 7:15 p.m.

**Ages:** “to be” **Bantams** + **2<sup>nd</sup> year Pee Wees**. (Pee Wees need to know how to receive contact too)

\*\* We will match up against like sizes.

**Total Cost:** \$30

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

- 4 Instructors on-ice with 28+ skaters

**To Register:** Please fill out this form and send a check for \$30 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 Ch

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

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

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

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