



# Young Players Skating Clinic

## For ages: 5 - 12

... All Levels Welcome!

2 hours of Skating Instruction

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

1 Instructor on-ice for every 6 skaters

We will Focus On:

- **How to Stop and Start**
- **Turning – Improving Balance**
- **Coordinating all of my body in the same direction**
  - **Longer Strides**
  - **Forwards + Backwards**
  - **Carrying the Puck**

**Strong Hockey Background:** We have been teaching young skaters Skills Improvement for the past 18 years. Visit us at: [www.StrongHockey.com](http://www.StrongHockey.com)

**For:** Young skaters that want to learn

**Where:** at the Lakeshore Ice Arena

**When:** March 23<sup>rd</sup>, a Saturday, 12:00 – 2:00

**Questions?** e-mail Jim: [jtarm@frontiernet.net](mailto:jtarm@frontiernet.net)

**Total Cost:** \$25, for 2 from the same family \$45

**To Register:** Please fill out this form and send a check for \$25 made payable to Strong Hockey, 1370 New Seabury Ln, Victor, 14564.

Name of Skater: \_\_\_\_\_ Age: \_\_\_\_\_ LS YS

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

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

Address: \_\_\_\_\_

For additional camps and clinics see: [www.StrongHockey.com](http://www.StrongHockey.com)