

# Young Players Skating Clinic

## For ages: 5 - 12



... All Levels Welcome!

1.5 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 20 years. Visit us at: [www.StrongHockey.com](http://www.StrongHockey.com)

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

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

**When:** March 21<sup>st</sup>, a Saturday, 9:30 – 11:00 a.m.

**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: \_\_\_\_\_ Ric YS

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

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

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

For additional Camps and Clinics see: [www.StrongHockey.com](http://www.StrongHockey.com)