



# Young Players Skating Clinic

## For ages: 5 - 13

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

**For:** Young skaters that want to learn and have fun!

**Where:** at the Rochester Ice Center

**When:** March 19<sup>th</sup>, a Saturday, 9:15 – 10:45 a.m.

**Questions?** e-mail Jim: [jtarm19@gmail.com](mailto:jtarm19@gmail.com)

**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, or send through Venmo to Jim's address: Jim-Armstrong-46

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

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

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

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