

Checking Clinic

All first year Bantams (2000's) must attend a checking clinic BEFORE they begin play in the 2013 Spring Season. Checking clinic is open to all hockey players.

Must attend all sessions

Tuesday 3/26 8:00-9:10 at Southwest Ice Arena
Thursday, 3/28 5:35-6:35 at Southwest Ice Arena

Checking clinic will be run by the St. Jude staff and will feature the following concepts:

- Proper balance and stance in order to receive a check and give a check
- Using the boards to brace yourself when being checked
- Proper angles to use when checking
- Proper technique to give and receive a check-Hands and sticks down!
- Keeping head up and not ducking or leaning along the boards

This camp is recommended for all Bantams, PeeWees and second year Squirts.

Players will be paired up by size when checking.

Cost of the Clinic is \$25.00 for Players that weren't with St. Jude this past season and free for returning St. Jude players.