

Burggraf Skating Skills Preseason Skating Program

Dates: Sept. 22, 23, 25 and 27

Location: Nielson-Reise Arena

Cost: \$80 (Termite and Mite); \$105 (Squirt and Pee Wee);
\$130 (Bantam and High School)

Registration available online at: bemidjicommunityed.com

The program is designed for hockey players, both boys and girls, from the termite level through high school. This is a concentrated on-ice program with an emphasis on improving balance; quickness; speed; agility; flexibility; power and acceleration; endurance; proper skating form and technique; blade maximization; stick and puck control skills; and breathing techniques to instill individual skater confidence. Conditioning is a byproduct of this program. It is a challenging skating program.

Instructor: Scott McLean

As an instructor with Burggraf Skating for 20 years, Scott has learned to analyze, critique and teach skating using proper form and technique. Most recently, Scott was the director of West Coast operations for Burggraf. He recently moved back to Bemidji after a 27 year absence. A captain of the Bemidji High boys hockey team in 1978, Scott learned to skate at Neilson-Reise Arena while a player with the Bemidji Youth Hockey Association. He has personally trained players skating from the NHL, AHL, ECHL, NCAA, Major Juniors, USHL, NAHL, high school and youth levels over the past 20 years. He has earned the Level IV coaching certification from USA Hockey and was formerly a USA Hockey Coaching Education Instructor for the Pacific District. Scott has also coached teams from the mite level to Junior A.

Group I: Termite and Mite (45 minute sessions/3 hours total)

This group is designed for players who have some knowledge of skating and have either been playing organized hockey for one season or have attended the learn to skate program through the Bemidji Figure Skating Club.

Cost: \$80

Times: 5:45 p.m. to 6:30 p.m.

Group II: Squirt and Pee Wee (1 hour sessions/ 4 hours total)

This group is designed for the more experienced youth hockey player. Players will be pushed to their full potential. Skating and teaching pace is quicker than Group I.

Cost: \$105

Time: 6:45 to 7:45 p.m.

Group III: Bantam and High School (1 hour and 15 minute sessions/ 5 hours total)

This group will be pushed to do more difficult progressions in a shorter time. Ideal for the player that needs a preseason tune up in order to be prepared for critical tryouts. Pace is very quick.

Cost: \$130

Time: 8:00 to 9:15 p.m.

**Enrollment is limited to 20 skaters per group. Full gear required.
Please print and fill out registration form and waiver and deliver to
Community Education. You can also register through
bemidjicommunityed.com beginning August 19.**

Preseason Hockey Skating Program Bemidji Community Education

Name:_____ ***Group:***_____ ***Cost:***_____

Address:_____ ***City:***_____ ***Zip:***_____

Home Phone:_____ ***Work:***_____ ***Cell:***_____

Parent/Guardian Name(s):_____

Email:_____

Drop off or send registration form and payment to:

*Bemidji Community Education Attn: John
1420 Beltrami Ave. NW
Bemidji, MN 56601*

Release of Liability

My participation is solely voluntary. I understand that my participation should not result in personal injury to me. However, I acknowledge that in the event of physical injury to me resulting from my participation, no medical treatment or monetary compensation will be provided by Scott McLean, Burggraf Skating, Inside Edge Skating LLC and on-ice staff, Bemidji Community Education or the City of Bemidji. I must look to my own health insurance policies. I understand that the above named are not held liable for accidents, injuries or loss, however caused, from drills or techniques associated with or part of this skating program. This skating program is not covered by USA Hockey insurance.

Signed (Parent/Guardian name):_____ **Date:**_____

For (participant name): _____