

# NORTHERN HOCKEY ADVANTAGE



PRESENTS THE JULY 4<sup>TH</sup>

## POWER SKATING SKILLS CLINIC

JULY 1-2-3 AND JULY 5-6-7

BREEZY POINT ARENA

### July 1<sup>st</sup> and July 5<sup>th</sup>

#### Group 1 Ages 4-8

8:00 am Power-Skating  
9:15 am Power-Skating  
10:45 am Off-Ice Training

#### Group 2 Ages 9-13

10:30 am Power-Skating  
12:00 pm Power-Skating  
1:30 pm Off-Ice Training

#### Group 3 Ages 14-18

1:15 pm Power-Skating  
2:30 pm Power-Skating  
4:00 pm Off-Ice Training

### July 2<sup>nd</sup> and July 6<sup>th</sup>

#### Group 1 Ages 4-8

8:00 am Puck Handling-Passing  
9:15 am Shooting to Score  
10:45 am Off-Ice Training

#### Group 2 Ages 9-13

10:30 am Puck Handling-Passing  
12:00 pm Shooting to Score  
1:30 pm Off-Ice Training

#### Group 3 Ages 14-18

1:15 pm Puck Handling-Passing  
2:30 pm Shooting to Score  
4:00 pm Off-Ice Training

### July 3<sup>rd</sup> and July 7<sup>th</sup>

#### Group 1 Ages 4-8

8:00 am Game Scenario and Development  
9:15 am Game Scenario and Development  
10:45 am Yoga For Hockey Players  
12:00 pm "Making Good Choices" with John Gould

#### Group 2 Ages 9-13

10:30 am Game Scenario and Development  
12:00 pm Game Scenario and Development  
1:30 pm Yoga For Hockey Players  
3:00 pm "Making Good Choices" with John Gould

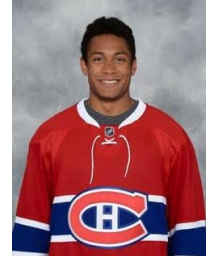
#### Group 3 Ages 14-18

1:15pm Game Scenario and Development  
2:30 pm Game Scenario and Development  
4:00 pm Yoga For Hockey Players  
5:30 pm "Making Good Choices" with John Gould  
6:30 pm "You Matter" Player/Parent Scrimmage

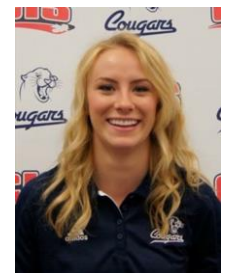
### CONNOR RANKIN



### JAMAL WATSON



### JORDAN FINNIE



### BRONSON MOORE



### MELISSA HANNAH

### JOHN GOULD

SPECIAL GUEST  
INSTRUCTORS TBA

### TO REGISTER

[gould.nha@gmail.com](mailto:gould.nha@gmail.com)  
612 965 4085  
-John Gould

Pricing Options  
Reverse Side

**Registration Deadline June 25<sup>th</sup> ~ Limited openings per age group**

Cash-Check-Visa-Mastercard Accepted



**Early Bird ~ Pay in full by May 15<sup>th</sup> and receive a 25.00 discount**  
Multi-family member discounts ~Jerseys included~ Prizes

SKATERS

3 days - 250.00 or 6 days - 450.00

GOALIES

125.00 all days

Email or Call with Information below  
[gould.nha@gmail.com](mailto:gould.nha@gmail.com) or 612 965 4085

Players Name \* Date of Birth

Parents Name \* Phone \* Email

**Smiles for Jake – Lighthouse Project**



To Our Players and Families~

This year our time together is dedicated towards raising mental health awareness in honor of Jake Haapajoki. We celebrate his life by bringing a dark issue into the light through education, resources and awareness. NHA is donating ten percent of this years proceeds to the “Smiles for Jake” foundation. Those that donate to this fund will be invited to participate in the “You Matter” Parent/Player game at the conclusion of our clinic on July 7<sup>th</sup> at 630 pm. Donations may be made at [www.smilesforjake.com](http://www.smilesforjake.com) Please include “you matter” with your clinic registration for a game roster spot. -NHA