



WEST MADISON YOUTH HOCKEY ASSOCIATION

COME OUT FLYING!

Preseason and Tryout PowerSkating Tune Up with the Minnesota Wild's Skating instructors ProEdge Power

This training program is a unique opportunity for hockey players interested in improving skating, speed, strength, and ability to perform the fundamentals of the game. The main goal is to attempt all skills at uncomfortably fast speed so that in the future this speed will be your new "comfort zone." Skaters must also maintain balance and strong edges, giving the impression of being linked to the ice like a magnet.

In skating, explosive power, combined with quick feet, produces speed. Speed is a combination of that power and quickness. While it is true that hockey players need to develop "quick feet," they must also learn how to use their edges, legs, and body weight quickly and powerfully.

ProEdge Power

DIANE NESS – Director

- U.S. Gold Medalist in figures and freestyle
- Minnesota Wild Skating Coach
- Skating Coach for the U.S. Olympic Women's 2010 Team
- Former Skating Coach for the Minnesota Gophers Men's and Women's Teams
- Former Skating Instructor for the New Jersey Devils
- 44 years of teaching experience

ProEdge Power

ANDY NESS – Director

- Minnesota Wild Skill Development / Skating Coach
- Former Assistant Skating Coach for the Minnesota Gophers, New Jersey Devils and the U.S. Olympic Team
- Certified by ACE (Personal Trainer)

CAMP INFO

October 6 & 7, 2018

Saturday

11:15 am - 1:15 pm, 2nd year RWB/Squirts/PeeWee

1:30 pm - 3:30 pm, Bantams/High School

Sunday

8 am - 10 am, 2nd year RWB/Squirts/PeeWee

10 am - 12 pm, Bantams/High School

4 hours of ice time - \$150

Madison Ice Arena 725 Forward Dr., Madison, WI · (608) 204-7606



Space is limited! register at www.westmadisonpolarcaps.com • PO BOX 44835, MADISON, WI 53744