

KCIC Youth Hockey Summer Clinics

TOP SPEED & TOP SHELF

Clinic Highlights:

4 hours of each dedicated to improving your skating & shooting!

Power Skating -

- ❖ First five step explosiveness
- ❖ Counter balancing
- ❖ Effective tight turns
- ❖ Transitions and balance
- ❖ Edges, Edges and more Edges

Shooting -

- ❖ Specific shooting and scoring drills focusing on:
 - Shooting balance & positioning
 - Hand-eye coordination
 - Screens, tip ins, deflections
 - Shooting accuracy



NEW TIMES!!

GROUP 1(2013-2015)

1:00 – 2:00pm on ice
2:00 – 3:00pm off ice
3:20– 4:20pm on Ice

GROUP 2(2010-2012)

2:15 – 3:15pm on ice
3:15 – 4:15pm off ice
4:30 – 5:30pm on ice

Lead Instructors:

Dean Nelson & Shjon Podein
KCIC/Stars Hockey Director
Stars and KCIC Staff to also assist

Dates: June 17-20, 2024

Cost: \$225

Age: Birth years 2010-2015

2 hours on ice, 1 hour off ice per day

4 goalie spots available – free!!

Reserve spot by e-mail:
dnelson@kcicecenter.com

Limited to first 30 per group.

*****Bring shorts & tennis shoes for off-ice conditioning. Flip flops are NOT acceptable. *****

****One year of organized hockey required to attend this clinic****

Player Name: _____ DOB: _____ Age: _____

Parent Name: _____ Phone Number: _____

E-Mail Address: _____

Hockey Level: _____

To Register: E-Mail Dean (dnelson@kcicecenter.com), mail in with check, or turn in at KCIC.