

# CHECKING WITH THE PROS

PRESENTED BY TANYA QUIGLEY

THE CLINIC IS RUN BY OUR VERY OWN WINSLOW NATIVE, ALEX BERARD. ALEX IS CURRENTLY A DIVISION 1 HOCKEY EAST OFFICIAL & ECHL OFFICIAL. HE WILL BE JOINED BY STEVE ROUILLARD, A CURRENT DIVISION 1 HOCKEY EAST OFFICIAL.

**GROUP 1: BODY / COMPETITIVE CONTACT**  
**BIRTH YEARS 2014, 2015, 2016**  
**10:45A-1:15P**

**GROUP 2: GIVING / RECEIVING CHECKS / PUCK PROTECTION**  
**BIRTH YEARS 2010, 2011, 2012, 2013**  
**1:45P-4:15P**

**EACH GROUP WILL HAVE 1 HOUR VIDEO & EDUCATION PRESENTATION  
FOLLOWED BY 1 HOUR ON ICE IMPLEMENTING SKILLS**

## **EVENT HIGHLIGHTS:**

- ✓ Video Analysis / Age Appropriate Rules
- ✓ Angling
- ✓ Body Positioning

**SATURDAY, AUGUST 8<sup>TH</sup> @ THE PCIA**

To Register:

<https://forms.gle/Yf9orv2ovv4B5UKE8>

Questions: [Quigley.pcia@gmail.com](mailto:Quigley.pcia@gmail.com)



**\$65 PER SKATER**

Each session limited to 30 skaters

Tanya Quigley  
@Tanya-Quigley-2



**venmo**