

# Miska Skills Clinic 2024

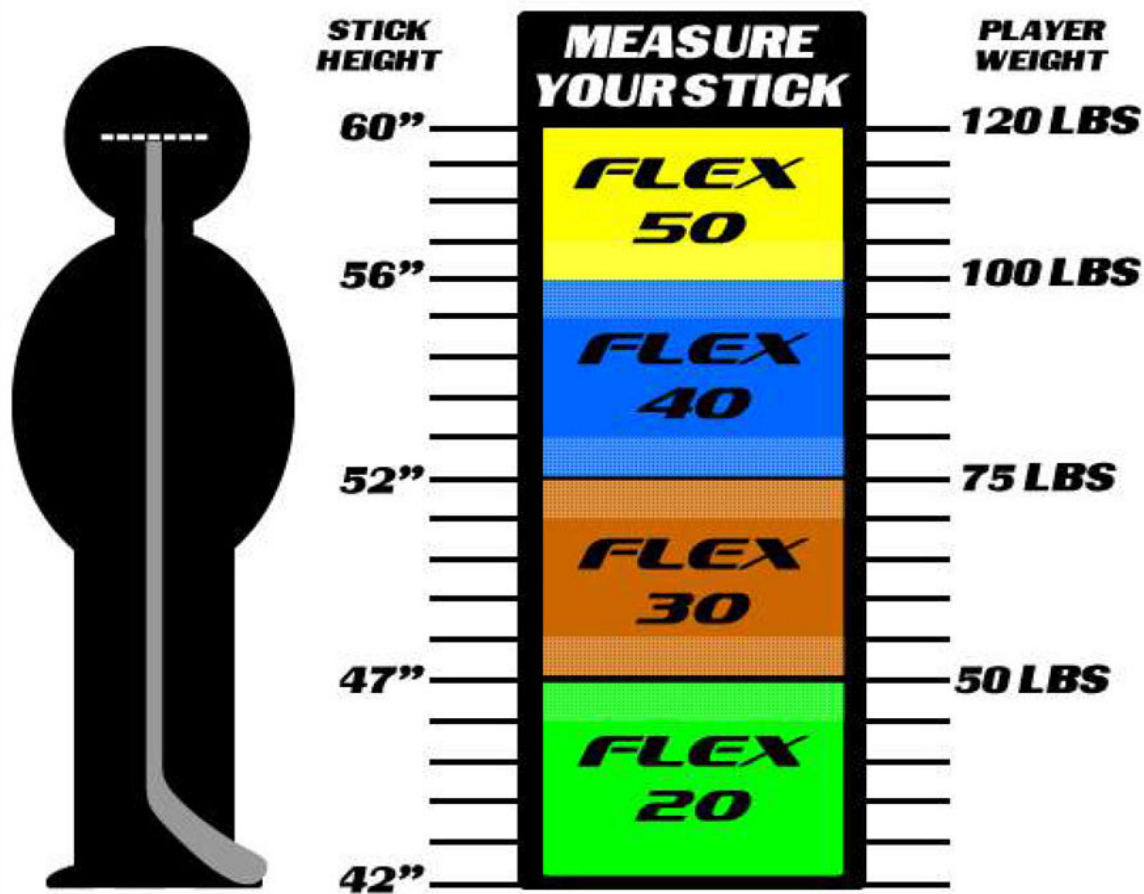
Hello PCYH families!! Please join Cal again this spring as he instructs our young skaters the proper form and techniques of a quicker, harder and more accurate shot. He will also be working with the kids on different stick handling techniques and exercises. This is a FREE opportunity provided by PCYH! Your player can utilize these valuable lessons all summer while developing their skills at home. Kids will also have the opportunity to play boot hockey on the Hilltop rink before or after their scheduled skills clinic time. See schedule below. Looking for coaches to help organize at both the skills clinic and the boot hockey games. Coaches; please take advantage of this lesson! Players inside with Cal will be shooting on plastic sheets but will be stickhandling on concrete. Boot hockey games are played on concrete. It is advised to protect your investment by wrapping your skaters stick blade with some form of protection. There are several options available. Sometimes 2-3 layers of tape is sufficient. Otherwise have players bring a back-up/street hockey stick for the boot hockey games. Recommended equipment; tennis shoes, hockey gloves, sticks and helmets(optional inside, required outside).

**Goalies are also encouraged to work on shooting/puck handling skills with Cal and can play boot hockey as either a goalie or skater.**

Mites B, C and 8U -Fridays-	Squirts, Mite A -Fridays-	10U, 12U, 15U -Wednesdays-	Bantams, Peeewees -Wed.-
5/3, 6:00-7:00 Miska Clinic 5/3, 7:15-8:15 Hilltop	5/3, 6:00-7:00 Hilltop 5/3, 7:15-8:15 Miska Clinic	5/1, 6:00-7:00 Miska Clinic 5/1, 7:15-8:15 Hilltop	5/1, 6:00-7:00 Hilltop 5/1, 7:15-8:15 Miska Clinic
5/10, 6:00-7:00 Miska Clinic 5/10, 7:15-8:15 Hilltop	5/10, 6:00-7:00 Hilltop 5/10, 7:15-8:15 Miska Clinic	5/8, 6:00-7:00 Miska Clinic 5/8, 7:15-8:15 Hilltop	5/8, 6:00-7:00 Hilltop 5/8, 7:15-8:15 Miska Clinic
5/17, 6:00-7:00 Miska Clinic 5/17, 7:15-8:15 Hilltop	5/17, 6:00-7:00 Hilltop 5/17, 7:15-8:15 Miska Clinic	5/15, 6:00-7:00 Miska Clinic 5/15, 7:15-8:15 Hilltop	5/15, 6:00-7:00 Hilltop 5/15, 7:15-8:15 Miska Clinic
5/24, 6:00-7:00 Miska Clinic 5/24, 7:15-8:15 Hilltop	5/24, 6:00-7:00 Hilltop 5/24, 7:15-8:15 Miska Clinic	5/22, 6:00-7:00 Miska Clinic 5/22, 7:15-8:15 Hilltop	5/22, 6:00-7:00 Hilltop 5/22, 7:15-8:15 Miska Clinic

**Proper stick length and flex is critical for our young skaters shot development. Below are some basic sizing guidelines to help choose the proper stick for your child.**

## PROPER FLEX FOR GROWING HOCKEY PLAYERS



## Junior Hockey Stick Size

1. Choose best length type based on need /Individual preference
2. Measure with skates on, standing straight
3. Refer to stick size chart

[iceskatingpassion.com](http://iceskatingpassion.com)





*JETSPEED*

**JETSPEED 10 STICK YOUTH**

\$79.99

The 10 flex is a perfect fit for most Mite level players

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# WARRIOR COVERT QRE 10 GRIP COMPOSITE HOCKEY STICK - TYKE

★★★★★ 4.9 (39)



Another great Mite stick in the same price range