



2023 POWER SKATING CLINIC

TEACHING, BUILDING, & REINFORCING THE MOST IMPORTANT SKILL OF THE GAME!

August 13th - 17th

Location: Rochester Recreation Center



Scan the QR Code
to register online.

Spots are limited with only 2 Groups so don't miss out. SIGN UP TODAY!!

Date	GROUP 1	GROUP 2
	Squirts/U10 Ages: 9-11	Peewee/Bantam/U12/U10 Ages: 12-15
8/13	3:15pm-4:15pm	4:30pm-5:30pm
8/14	4:30pm-5:30pm	5:45pm-6:45pm
8/15	5:30pm-6:30pm	6:45pm-7:45pm
8/16	5:30pm-6:30pm	6:45pm-7:45pm
8/17	5:30pm-6:30pm	6:45pm-7:45pm



**Enrollment
LIMITED**

Agility

Acceleration

Crossovers



STRIDE TECHNIQUE



FOCUS ON AGILITY & EDGE WORK



IMPROVE LEG & CORE STRENGTH



EXPLOSIVNESS - BE FIRST TO THE PUCK



HOCKEY SPECIFIC SKATING DEVELOPMENT

