

# EDGEWORKS

## SKATING FUNDAMENTALS

### PERFORMANCE SKATING CLINIC

EDGEWORKS is designed to develop and refine core hockey skills with a focus on skating fundamentals. Through intensive edgework, players will improve skating stamina, posture, power, agility and efficiency. Each session will include instruction and drills combining skating technique with critical shooting, passing and stick handling skills.

### SESSIONS WILL COVER

- Forward/Backward Stride
- Lateral Mobility
- Cross-Overs
- Explosive Starts/Stops
- Acceleration
- Angling
- Speed with Pucks
- Shooting and Passing

Clinics include 10 intensive 45-minute sessions capped at 30 players per group to allow for personalized attention and instruction.

DATE	LEVEL	TIME
Wednesday, June 18	2 <sup>ND</sup> YR. SQUIRT & PEEWEE	7:30-8:15 pm
	BANTAM & HIGH SCHOOL	8:15-9:00 pm
Wednesday, June 25 *Tubbs Rink*	2 <sup>ND</sup> YR. SQUIRT & PEEWEE	7:30-8:15 pm
	BANTAM & HIGH SCHOOL	8:15-9:00 pm
Wednesday, July 2	2 <sup>ND</sup> YR. SQUIRT & PEEWEE	7:30-8:15 pm
	BANTAM & HIGH SCHOOL	8:15-9:00 pm
Wednesday, July 9	2 <sup>ND</sup> YR. SQUIRT & PEEWEE	7:30-8:15 pm
	BANTAM & HIGH SCHOOL	8:15-9:00 pm
Wednesday, July 23	2 <sup>ND</sup> YR. SQUIRT & PEEWEE	7:30-8:15 pm
	BANTAM & HIGH SCHOOL	8:15-9:00 pm
Wednesday, July 30	2 <sup>ND</sup> YR. SQUIRT & PEEWEE	7:30-8:15 pm
	BANTAM & HIGH SCHOOL	8:15-9:00 pm
Wednesday, August 6	2 <sup>ND</sup> YR. SQUIRT & PEEWEE	7:30-8:15 pm
	BANTAM & HIGH SCHOOL	8:15-9:00 pm
Wednesday, August 13	2 <sup>ND</sup> YR. SQUIRT & PEEWEE	7:30-8:15 pm
	BANTAM & HIGH SCHOOL	8:15-9:00 pm
Wednesday, August 20	2 <sup>ND</sup> YR. SQUIRT & PEEWEE	7:30-8:15 pm
	BANTAM & HIGH SCHOOL	8:15-9:00 pm
Wednesday, August 27	2 <sup>ND</sup> YR. SQUIRT & PEEWEE	7:30-8:15 pm
	BANTAM & HIGH SCHOOL	8:15-9:00 pm

ALL SESSIONS WILL BE HELD ON THE CARDINAL RINK

### COACHING STAFF

- Troy Giesege** - Sun Prairie Varsity Head Coach  
Over 35 years of Hockey Experience, 17 years Coaching at the Varsity Level
- Austin Luxford** - Sun Prairie Varsity Assistant Coach  
Over 15 years of Hockey Experience, 10 years Coaching at the Varsity Level

\* FOR 2<sup>ND</sup> YR. SQUIRT/PEEWEE & BANTAM/HIGH SCHOOL AGED PLAYERS \*

### COST & REGISTRATION

The cost for 10 on-ice sessions is \$150.

To Register: Complete the registration form;  
Sign the waiver of liability; Provide payment

Checks will be made out to Troy Giesege

SEND REGISTRATION & WAIVER FORM WITH FEE TO:

**Troy Giesege**

612 Featherwood Pass • Sun Prairie, WI 53590

Registration deadline is Friday, June 6, 2025.

### REGISTRATION FORM

\_\_\_\_\_  
*Players's Name (please print)* *Birth Year*

\_\_\_\_\_  
*Parent/Gaurdian's Name (please print)*

\_\_\_\_\_  
*Address*

\_\_\_\_\_  
*City* *State* *Zip*

\_\_\_\_\_  
*Phone*

\_\_\_\_\_  
*Email*

### PLAYING LEVEL

Please circle the player's upcoming season playing level.

2<sup>ND</sup> YR. SQUIRT    PEEWEE    BANTAM    HIGH SCHOOL

### WAIVER OF LIABILITY

Participating in the EDGEWORKS clinics will require physical exertion that may lead to injuries. The staff of the EDGEWORKS clinics will not be held liable for any injuries occurring before, during or after sessions. Also, the above mentioned parties will not be held responsible for any payment of treatments/services needed because of injuries occurring before, during or after the EDGEWORKS clinics.

\_\_\_\_\_  
*Parent/Gaurdian's Signature*

\_\_\_\_\_  
*Date*

\_\_\_\_\_  
*Parent/Gaurdian Emergency Contact (please print)*

Please list below any health and/or allergy information staff should be aware of.

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