



April 18, 2019

Hello Warriors Families,

I just want to remind you that our Pace Hockey Over Speed Program is scheduled for Sunday, June 16 through Thursday, June 20. All sessions take place from 5:30 – 6:50 PM and will be held at the North Central Recreation Center in Ebensburg.

Having watched many 'AA' and 'AAA' games this season, at the U11 through U16 level, I noticed increased confidence in players who had the ability to skate with speed both with and without the puck. This is a learned skill that is taught and properly drilled by the Pace coaching staff.

Recent information released from the USA Hockey ADM model confirms that the first trainability window for both boys and girls in the areas of speed and skill hits at around age 7 through 9, and again is at a peak opportunity for girls ages 11-13 and boys ages 13-16.

Attending the Pace program will give each youngster the opportunity to work at a high level that will afford improvement in these very important areas. Correct coaching and proper repetition allows for enhanced skill improvement.

We are committed to having the Pace camp every summer and want to help grow youth hockey. In fact, if our group this summer is 34 skaters, and at least 12 are Warriors, we will donate \$250.00 to your hockey association.

This is an early bird reminder for you to visit our website at www.pacehockey.com and consider joining us this summer.

Thanks,

Frank Anzalone
Pace Hockey