



Checking Clinic

When: Sunday, March 17; 9:00-11:30

Where: Ann Arbor Ice Cube

Who: AAAHA registered '2006' Birth-year Players, boys and girls (capped at 30 participants)

Players MUST register at: <https://goo.gl/forms/mHbAX3t9PfdkcfbS2>

AAAHA's Checking Clinic is designed to provide instruction and an overview of checking for those '2006' birth-year players that are transitioning to 14U (Bantam) hockey. The clinic will utilize the principles and contents included in USA Hockey's 'Checking the Right Way for Youth Hockey.' The clinic will include approximately:

- 20 minutes of classroom discussion
- 20 minutes of dryland/off-ice drills and exercises
- 80 minutes of on-ice instruction

Please contact Rich Tuzinsky at (517) 944-0507 or rich.tuzinsky@gmail.com with questions or additional information needs.