

# POWER SKATING

Head Instructor: Shaun Becker

**AGES: SQUIRTS - BANTAM**

**APRIL 14<sup>th</sup>, 15<sup>th</sup>, 17<sup>th</sup>, & 18<sup>th</sup>**

***TIMES = 5:15 - 6:45***

***COST = \$50.00***

*PLEASE MAKE CHECKS PAYABLE TO ICE CONNECTION OF PITTSBURGH*

***The fastest way to get ahead is to make yourself faster.***

## **Agenda:**

- Physical Fitness
  - o The stronger a player's muscles are the harder they can push.
- Explosive Starts
  - o Hockey is a fast paced game full of starts and stops.
- Developing a Powerful Stride
  - o Good technique generates more speed.
- Cross-overs
  - o These should be used to generate speed while changing direction.
- Edge Work
  - o Using both inside and outside edges is crucial to excellent skaters.

**Call to Register: 724-898-2440**

**REGISTRATION DEADLINE = April 7th**

**Ice Connection of Pittsburgh  
Summer 2008**

# **POWER SKATING CAMP**

<b>PLAYERS NAME:</b>	
<b>DATE OF BIRTH:</b>	
<b>PARENTS NAME:</b>	
<b>STREET ADDRESS:</b>	
<b>CITY, STATE, ZIP:</b>	
<b>TEAM NAME OR LEVEL:</b>	
<b>EMAIL ADDRESS:</b>	
<b>HOME PHONE:</b>	
<b>CELL PHONE:</b>	

**PAID:**

**CHECK: \_\_\_\_\_ CHECKNUMBER: \_\_\_\_\_**

**OR CASH: \_\_\_\_\_**