



Pre Season Hockey Clinic

8U + Rookies Session

JULY 31, AUGUST 7 & 14 @ 6:30PM

GET YOURSELF READY FOR THE START OF THE SEASON!!

FEAUTRES:

- Power Skating - drills will force each participant to skate 'outside' their comfort zone and teach explosive skating techniques
- Overspeed - emphasis on quickness and 'keeping your feet moving' while skating with and without the puck to increase you acceleration and agility
- Edge Control and Balance - focus on tight turns, transitions as well as your overall center of balance
- Puck Handling - learn proper puck handling and control in a game like atmosphere
- Puck Protection - focus on protecting the puck in game like situations with a strong emphasis on placing your body between the puck and the opponent
- Passing - discover new found skills on how to give a receive precise passes
- Shooting - learn new techniques to improve your shot accuracy and velocity
- Positioning - combination of body positioning and positioning on the ice to prepare individuals to be ready to give and receive the puck

(\$60)

All 8U & first year hockey players are encouraged to participate. Coaches will group the players by age and skill level

Clinics will be lead by local professional and USA Hockey coaches dedicated to individual player development all of whom take pride in teaching hockey fundamentals. Coaches will work with each participant on a personal level to insure that they are teaching them the proper skills. They will take the time to teach the players at 'their' pace so that they can properly develop their skills

Email Registration To:

Brandon_Schultz@ComcastSpectacor.com

Mailing Address:

Silverstein Eye Center Arena
19100 E. Valley View Pkwy
Independence, MO 64055

Make Check Payable to 'SECA'

First _____ Last _____ DOB _____

Address _____ City _____ State _____ Zip _____

Phone# _____ Cell# _____ Work# _____

Email _____

Terms & Conditions/Waiver Release of Liability

Each person ("Participant") using the Silverstein Eye Centers Arena ("SECA") assumes all risk of personal injury, which may result from participation in all activities conducted at the SECA. The Participant will not hold SECA or Comcast Spectacor, or any of its officials, staff, owners, or the proprietor, liable for injury, which the Participant may sustain while participating in any activities, conducted at the SECA. The participant understands and agrees that the sport of ice hockey, ice-skating and all on-ice activities has physical dangers, which may result in serious injury or death. The Participant is advised to carry medical insurance. The Participant certifies that he/she has no known medical condition, which would prohibit him/her from playing the sport of ice hockey or ice-skating.

Parent(s)/Guardian(s) Signature _____ Date _____