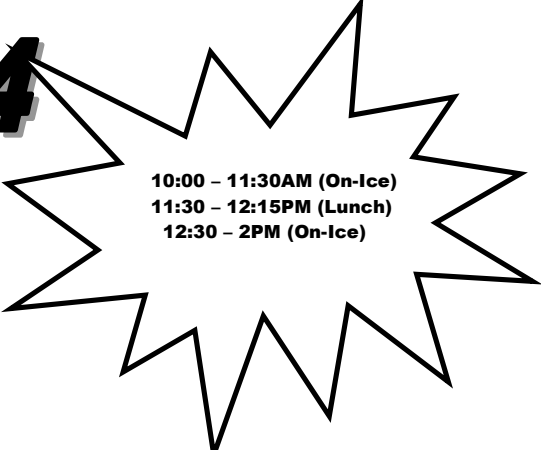




Bernie Cassell Checking Clinic

Saturday August 14



10:00 - 11:30AM (On-Ice)
11:30 - 12:15PM (Lunch)
12:30 - 2PM (On-Ice)

(PeeWee & Bantam)

Clinic Curriculum:

Teach proper checking technique by using an easy step by step approach. The skills and technique for position, body contact, and contact confidence are explained and demonstrated. Specific instruction will be given for receiving and avoiding a body check. Drills and games to develop these skills are included to enhance learning. Maintaining correct defensive body position, and reading an opponents puck control and speed are emphasized throughout the clinic. The fundamentals taught in this clinic will help introduce a sound technique, while helping prevent injuries

Head Instructor: Bernie Cassell

Limited Enrollment Available - Fee \$75

Participant Name: _____ Date of Birth: ___/___/___

Address: _____ Home # _____

Town: _____ State/Zip: _____ Work/Cell # _____

Email: _____ Parents Name: _____

- No Refunds. All prices/programs and rules are subject to availability and change without notice. Times/days/dates are a good faith approximation and subject to change.

Norwich Municipal Ice Rink
641 New London Tpke. Norwich, Ct 06360
(860) 892-2555
www.norwichrink.com

[Level _____]

Payment Method:

Cash: _____ Check: _____

Credit Card: _____

Employee Int: _____

(Max Enrollment 28 Players)