

CHECKING CLINIC




HOCKEY HUT
TRAINING CENTER

\$115

Clifton Park Ice Arena

Saturday, May 20th

9:00-11:15am

Ice Time: 9:00-10:15am

Workout: 10:30-11:15am

Sunday, May 21st

10:45-1:00pm

Workout: 10:45-11:30am

Ice Time: 11:45-1:00pm

This clinic will be a great way for your player to learn how to check properly in a controlled environment. Our staff will break down the components of checking and work to apply it in a practical setting.

INCLUDES

- Two 45 minute agility and balance workouts with a HealthPlex professional trainer.
- Hockey Hut T-Shirt.
- 2 hours and 30 minutes of on-ice instruction on how to properly give and take body checks.

Register online at myhockeyhut.com

Please email matthewjdempsey02@gmail.com with any further questions