



BACKWARDS SKATING CLINIC

Increase Speed...Pivot Sharper... Better Balance

1.5 Hours of Backwards Skating

From: **Strong Hockey**

We Will Teach the Proper Techniques of Backwards Skating

Lengthening Your Strides

- **Crossovers and Turning**
- **Pivoting**
- **Changing Directions**
- **Handling the Puck**

Where: at the **LakeShore Arena**

When: **February 15th, a School Holiday**

Session #1: Ages 6 – 9, 12:00 - 1:25

Session #2: Ages 10 – 14, 1:25 - 2:50

Total Cost: \$25

- Suggest registering early as class size will be limited to 32 skaters.

- 4 Instructors on-ice with 28+ skaters

To Register: Please fill out this form and send a check for \$25 made payable to Strong Hockey, 1370 New Seabury Ln, Victor, 14564.

Questions send to Jim Armstrong's e-mail, jtarm@frontiernet.net

Name of Skater: _____ Age: _____ LS Back

Parents Names: _____

Address: _____ Town: _____ Zip: _____

Telephone: _____ E-mail: _____

For Additional Clinics – see: www.StrongHockey.com

We look forward to working with you! Strong Hockey LLC

