

Checking CLINIC

...Play With Confidence!..

1.5 hours of Expert Instruction + Drills

From: **Strong Hockey and Staff**

*We Will **Teach** your skater how to Receive and Give checks safely.

We will Focus On:

- **Body Positioning**
- **Receiving Checks**
- **Giving Checks**
- **Angling the Puckcarrier**
- **Taking a Hit to Make a Play**

Where: at the Rochester Ice Center, Thomas Creek Arena

When: March 17th, a Wednesday Night

Session Time: 7:00 – 8:30

Ages: “to be” **Bantams** + **2nd year Pee Wees**. (Pee Wees need to know how to receive contact too)

** We will match up against like sizes.

Total Cost: \$34

- 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 \$34 made payable to: Strong Hockey, 1370 New Seabury Ln, Victor, 14564.

Questions: send to Jim Armstrong’s e-mail, jtarm19@gmail.com

Name of Skater: _____ Age: _____ Ric Ch

Parents Names: _____

Address: _____ Town: _____ Zip: _____

Telephone: _____ E-mail: _____

For Additional Clinics – see: www.StrongHockey.com