

ENERGIZED!



2025 FALL HOCKEY SCHOOL

August 17 - September 29

Registration fee is just \$175

Skills Development and Tryout Prep

Located at Rochester Recreation Center

Mites - Squirts - Peewees - Bantams - Girls

Learn from the best! The Rochester Hockey Foundation Fall School will feature 11 hours of on-ice training to provide your player with a strong base to start the season. Qualified hockey skills instructors and staff will lead the way. Great training and an outstanding value! Game On!

Get ready for your upcoming season with the Rochester Hockey Foundation Fall School! This program will get you on the ice and up to speed as you enter your fall tryouts and season start. Experienced coaches will guide you through skills development stations and

- ★ **GAIN THE COMPETITIVE EDGE ON YOUR COMPETITION!**
- ★ **MAXIMIZE SPEED AND QUICKNESS TO GET TO THE PUCK!**
- ★ **LEARN HOW TO SHOOT TO SCORE WITH INSIDER TIPS!**
- ★ **WIN THE PUCK BATTLES AND KEEP THE PUCK ON YOUR STICK!**
- ★ **REGISTRATION LIMITED TO THE FIRST 36 PLAYERS!**
- ★ **FIVE AGE GROUP LEVELS TO CHOOSE FROM!**

