



2024 POWER SKATING CLINIC

TEACHING, BUILDING, & REINFORCING THE MOST IMPORTANT SKILL OF THE GAME!

August 11th - 15th

Location: Rochester Recreation Center



SCAN TO REGISTER/INFO

DATE	TIMES
8/11	4:45pm - 5:45pm
8/12	6:45pm - 7:45pm
8/13	6:45pm - 7:45pm
8/14	6:45pm - 7:45pm
8/15	6:45pm - 7:45pm

SIGN UP TODAY!!



Enrollment LIMITED

Agility

Acceleration

Crossovers



STRIDE TECHNIQUE



FOCUS ON AGILITY & EDGE WORK



IMPROVE LEG & CORE STRENGTH



EXPLOSIVNESS - BE FIRST TO THE PUCK



HOCKEY SPECIFIC SKATING DEVELOPMENT

