



# HOCKEY EDGE AND BALANCE

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**Monday's October 16-November 13 2017**

**4:00-4:50 EASTVIEW ARENA**

- Players will be introduced to concepts such as inside and outside edges, both forwards and backwards, as well as ability to connect different directions and edges.
- Program designed by Paul Matheson, exercises are based around detailed repetitions and progressions that will allow the player to build a solid foundation of basic skills.
- Each session will be conducted by two instructors from the Internationally renowned Mariposa School of Skating that specialize in working with players of the specific age and level.
- This program is for players born between 2007-2011 to participate in the program.
- Program is limited to maximum 12 skaters.
- 5 week program: \$199.00 +hst

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## HOCKEY EDGE AND BALANCE PROGRAM

Player's Name	D.O.B
Email	Phone #
Credit Card #	Exp Date
Parent Signature	Parent name
I agree to our online policy	

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