



# 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 Rochester Ice Center

When: **January 20<sup>th</sup>**, MLK Day, a Monday

**Ages 6 - 9, 12:00 - 1:25**

**Ages 10 - 14 1:25 - 2:50**

Cost: \$35, for two from the same family \$68

- Suggest registering early as class size will be limited.

- 4 Instructors on-ice with 28 skaters, will adjust proportionally

To Register: Please fill out this form and send a check for \$35 made payable to Strong Hockey, 1370 New Seabury Ln, Victor, 14564, or send through Venmo to: Jim-Armstrong-46

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

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Name of Skater: \_\_\_\_\_ Age: \_\_\_\_\_ RIC BW \_\_\_\_\_

Parents Names: \_\_\_\_\_

Telephone: \_\_\_\_\_ E-mail: \_\_\_\_\_

For Additional Clinics – see: [www.StrongHockey.com](http://www.StrongHockey.com)