



BACKWARDS SKATING CLINIC

Increase Speed...Pivot Sharper... Better Balance

2 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 **Webster Arena**

When: January 20th, MLK Day, a Monday

Ages: 7 – 13, 9:00 – 11:00 a.m.

Total Cost: \$37, for two from the same family, \$70

- Suggest registering early as class size will be limited.

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

To Register:

Send Jim an e-mail to pre-register at: jtarm19@gmail.com; then pay thru

Venmo at: Jim-Armstrong-46

or

Fill out this form and send a check for \$37 made payable to: Strong Hockey,
1370 New Seabury Ln, Victor, 14564.

Name of Skater: _____ Age: ____ _ Web BW _____

Parents Names: _____

Telephone: _____ E-mail: _____