



Checking Clinic

...Play With Confidence!

1.5 hours of Expert Instruction + Drills
From: **Strong Hockey and Staff**

*We Will **Teach** your skater how to Receive and Give checks safely.

We will Focus On:

- **Body Positioning**
- **Receiving Checks Safely**
 - **Giving Checks**
- **Angling the Puckcarrier**
- **Avoiding Open Ice Hits**

Where: at the Webster Ice Arena

When: October 9th, Monday, Columbus Day

Session Time: 10:25 - 11:50 a.m.

Ages: “Bantams + 2nd yr. Pee Wees. We will match up against like sizes.

Total Cost: \$31, for 2 from the same family - \$58

- Suggest registering early as class size will be limited to 32 skaters.

- 4 Instructors on-ice with 28+ skaters, + more added 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 \$31 made payable to: Strong Hockey, 1370 New Seabury Ln, Victor, 14564.

Name of Skater: _____ Age: _____ Web Ch

Parents Names: _____

Telephone: _____ E-mail: _____