



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**
- **Giving Checks**
- **Angling the Puckcarrier**
- **Taking a Hit to Make a Play**

Where: at the Scottsville Arena

When: March 11th, a Tuesday Night

Session Time: 7:00 – 8:30

Ages: “to be” **Bantams** + **2nd year Pee Wees**. (Pee Wees need to know how to receive contact too), ** We will match up against like sizes.

Total Cost: \$38, for two from the same family \$72

- Suggest registering early as class size will be limited to 36 skaters.

- 4 Instructors on-ice with 28+ skaters

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 \$38 made payable to: Strong Hockey,
1370 New Seabury Ln, Victor, 14564.

Name of Skater: _____ Age: ____ SC Ch _____

Parents Names: _____

Telephone: _____ E-mail: _____