



AGGRESSIVENESS CLINIC

...Let's Get After It!...

1.5 hours of Expert Instruction + Drills

From: **Strong Hockey, Jim Armstrong + Staff**

*We Will **Teach** your skater how to be **Aggressive** all over the ice

We will Focus On Becoming Aggressive:

- **In the Corners**
- **Going After Loose Pucks**
 - **Along the Boards**
 - **In Front of the Net**
- **Using Body Position to Gain Control**

Where: at the Rochester Ice Center

When: November 11th, Veterans Day, a Monday

Session #1: **Ages 7 – 9**, 1:00 – 2:25

Session #2: **Ages 10 – 14**, 2:25 - 3:50

Total Cost: \$35, for 2 from the same family \$66

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

- 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 \$35 made payable to: Strong Hockey,
1370 New Seabury Ln, Victor, 14564.

Name of Skater: _____ Age: _____ RIC Ag

Parents Names: _____

Telephone: _____ E-mail: _____