



BACKWARDS SKATING CLINIC

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

1.5 Hours of Backwards Skating

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

We Will Teach the Proper Techniques of Backwards Skating

- **Lengthening Your Strides**
- **Crossovers and Turning**
 - **Pivoting**
- **Changing Directions**
 - **Handling the Puck**

Where: at the **Scottsville Arena**

When: February 19th, a Wednesday of Winter Break

Ages, 7 – 13, We will divide them up according to Age.

Time: 10:00 – 11:30 a.m.

Total Cost: \$32, for two from the same family \$60

- 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 \$32 made payable to: Strong Hockey,
1370 New Seabury Ln, Victor, 14564.

Name of Skater: _____ Age: _____ SC BW

Parents Names: _____

Telephone: _____ E-mail: _____

For Additional Clinics – see: www.StrongHockey.com