

Ice Line Presents

Women's Friday Night Summer Skills Clinic

Friday nights 8:15 - 9:30pm Summer 2008

Interested in improving your hockey skills? Join us at Ice Line on Friday nights. This is a great opportunity and a fun atmosphere to improve your hockey skills & knowledge. So join our experienced energetic staff on Friday nights this summer '08 and bring a friend.

SUMMARY OF SKILLS YOU WILL BE LEARNING

- **Skating;** Including the forward and backward strides, How to add power and speed, Edge work, Stopping, starting and transitions.
- **Shooting;** Including the Wrist, Snap, Slap and Backhand shots. Quick release and accuracy.
- **Passing;** Including Direct, Indirect, Saucer, Back Hand. Passing in tight areas, touch passes.
- **Game Situation Drills;** Offensive/Defensive tactics, Zone Play etc.

Instructors: Robert Lewis & Jon Bernard

Cost: 12 Sessions for \$225

6 Sessions for \$125 - With this package you may attend any six sessions over the course of the clinic
Single Session Drop-In fee \$25

When: Friday nights 8:15 - 9:30pm

May 30th - August 22nd

Except no skate on Friday July 4th

Goalies are needed for this clinic- Cost is FREE!!!

Application

Name _____ Phone# _____ - _____ - _____ cell Home Work

Address _____ City _____ State _____

Zip Code _____ Email _____ Jersey Size _____

Signing Up For: Check One

12 Sessions-\$225.00 6 Session-\$125.00 1 Session-\$25.00

Hold Harmless Agreement

Having full knowledge and understanding of the nature of this activity and the hazards involved, I hereby certify that I have personal Medical Insurance coverage for any "bodily injury" that may occur and assume full responsibility for all losses and injuries sustained while involved in this activity as it relates to this facility. I also hold harmless ICE LINE, its insurers, their agents, representatives, and employees and any of its associates from any claim related thereto.

Participant's Signature _____ Date _____