

**Skate & Skill**

**APPLICATION**

**Please Return to: ICE LINE**

700 Lawrence Drive

West Chester, PA 19380

**COST:\$125.00**

**Make check payable to Ice Line**

Name

Address

Parent (s) Name

Phone #

E-mail

Date of Birth & Age

Position

2006-2007 Team

Jersey Size: (circle one)    YL    S    M    L

**GROUP (circle one)    I-ages 6-11    II-ages 12-15**

Hold Harmless Agreement

The undersigned agrees to follow the rules and regulations of the Skate & Skill employees from any physical injury, and all liability, loss or damage.

Parent's Signature \_\_\_\_\_

Date \_\_\_\_\_



700 Lawrence Drive  
West Chester, PA 19380

RETURNING FOR THE TENTH YEAR  
**SKATE & SKILL**  
**HOCKEY CLINIC**



**The Art of Ice Skating**  
**And**  
**Overspeed Skill Training**  
**Mon-Thurs**  
**June 18, 19, 20, 21, 2007**

**Directed By:**  
**Princeton University Men's Asst. Coach**  
**JOHN RILEY**

For more information  
Please Call  
Jim Binns  
610-436-9670  
gmanager@iceline.info

***THE ART  
OF  
ICE SKATING***

**30-45 Minutes Daily**

“Skating is an Art. If you can’t Skate, you can’t Play our Sport.” Wayne Gretzky

Using an innovative systematic approach, players are introduced to the fundamental components of the skating stride. Drills are designed to isolate specific skills such as balance, edging, leg extension and leg recovery. Players are expected to focus and execute proper technique. Emphasis is placed on precision and repetition, which are critical for individual success.

Although seemingly simplistic, players of all ages and ability benefit from the system. The initial balance drills are challenging, yet afford the beginning player the opportunity to succeed, which perpetuates a greater desire to learn. Further, the edging and leg extension drills challenge the more advanced player to accomplish simple, yet precise movements, which require a high level of concentration.

The Art of Ice Skating is a unique system that allows for individual growth and personal development. Additionally, it affords players, regardless of their age or ability, the opportunity to visualize and execute specific exercises within a group setting. Finally, players are always moving and most importantly: experience personal success!!

**DATES AND TIMES**

**June 18-21, 2007**

**Monday-Thursday**

At Ice Line-West Chester, PA

**Group I: Ages 6-11 5:30-6:45 PM**

**Group II: Ages 12-15 7:00-8:15 PM**

Maximum 35 Players per group Including 2 Goalies

**COST: \$125.00**

-Make check payable to Ice Line-

**DIRECTOR**

**JOHN RILEY**

Princeton University Assistant Men’s Hockey Coach John Riley will return for his Tenth summer as the Director and Head Coach for Skate & Skill Hockey Clinic

A certified USA HOCKEY Master Level Coach, Riley also serves the Associate Director of Player Development for the Atlantic District, and previously worked as a Head Coach and Math Teacher at Brunswick School in Greenwich, CT, where he led the team to two consecutive New England Prep Tournament appearances.

Additionally, Coach Riley has worked as a scout for the Sioux Falls Stampede of the USHL (Jr.A), and most recently as Head Eastern Scout for the US National Team.

**Assistant Coaches**

**Steve Riley-NJ Devils AAA**

**Steve Mackel-Philadelphia Jr. Flyers AAA**

***OVERSPEED***

**30-45 Minutes Daily**

**OVERSPEED SKILL TRAINING:  
INCREASING YOUR COMFORT ZONE**

By implementing a series of drills that place emphasis on foot-speed, quickness and acceleration, Overspeed Skill Training challenges players to execute drills at an uncomfortably fast pace. Stickhandling, Passing and Shooting drills will be performed, stressing explosiveness, high speed turns and sudden stops and starts.

All Overspeed Drills are designed to motivate individuals to become better players. By challenging players to move faster and think quicker, Overspeed Skill Training creates a unique environment in which players are forced out of their comfort zone. This intensity, coupled with repetition, affords players the opportunity to increase their skill level and fully realize their potential.

Individual drills will introduce new concepts and allow for personal success, while group drills will be fast paced and designed to simulate game-like situations.

Ultimately for a player to improve, they must have the desire to do so. If your son or daughter is prepared to focus, work hard and have fun, then they will thoroughly enjoy and benefit from Skate and Skill 2006.