



# 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 Thomas Creek Arena

**When:** April 2nd, Friday, a School Holiday

**Session Time:** 5:30 - 6:50 p.m.

All Ages Welcome: We will match up against like sizes

**Total Cost:** \$32

- Suggest registering early as class size will be limited to 32 skaters.

- 4 Instructors on-ice with 28+ skaters

**To Register:** Please fill out this form and send a check for \$32 made payable to: Strong Hockey, 1370 New Seabury Ln, Victor, 14564.

Questions: send to Jim Armstrong's e-mail, [jtarm@frontiernet.net](mailto:jtarm@frontiernet.net)

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Name of Skater: \_\_\_\_\_ Age: \_\_\_\_\_ TC Ch

Parents Names: \_\_\_\_\_

Address: \_\_\_\_\_ Town: \_\_\_\_\_ Zip: \_\_\_\_\_

Telephone: \_\_\_\_\_ E-mail: \_\_\_\_\_

For Additional Clinics – see: [www.StrongHockey.com](http://www.StrongHockey.com)

We look forward to working with you! Strong Hockey LLC

