



# CORNERSTONE

## POWER SKATING CLINIC

**INSTRUCTORS: Shannon Holmes & Rob Morgan**



This clinic is designed to break down the technique of hockey skating skills to improve speed, agility, balance and overall power. The main focus will be on stride, but we will also cover crossovers, starts & stops, turns, backwards skating and more. Summer is the time to focus on making the technique



changes that will make next season's skating more dynamic! Off Ice training provided by certified Bellin XL fitness trainers will work to improve conditioning, strength, speed of movement and flexibility, allowing for maximum on ice skill improvement.

### Peewee and Bantam

#### Power Skating

					On Ice	Off Ice Bellin XL		
8/17/2010	Tue	CCC	Rink 2	Practice	5:30 PM	6:50 PM	7:00 PM	7:45 PM
8/24/2010	Tue	CCC	Rink 2	Practice	5:30 PM	6:50 PM	7:00 PM	7:45 PM
8/31/2010	Tue	CCC	Rink 3	Practice	5:30 PM	6:50 PM	7:00 PM	7:45 PM
9/7/2010	Tue	CCC	Rink 3	Practice	5:30 PM	6:50 PM	7:00 PM	7:45 PM
9/14/2010	Tue	CCC	Rink 3	Practice	5:30 PM	6:50 PM	7:00 PM	7:45 PM

### Mite and Squirt

#### Power Skating

8/19/2010	Thu	CCC	Rink 2	Practice	5:30 PM	6:50 PM	7:00 PM	7:45 PM
8/26/2010	Thu	CCC	Rink 2	Practice	5:30 PM	6:50 PM	7:00 PM	7:45 PM
9/2/2010	Thu	CCC	Rink 2	Practice	5:30 PM	6:50 PM	7:00 PM	7:45 PM
9/9/2010	Thu	CCC	Rink 2	Practice	5:30 PM	6:50 PM	7:00 PM	7:45 PM
9/16/2010	Thu	CCC	Rink 2	Practice	5:30 PM	6:50 PM	7:00 PM	7:45 PM

**Enrollment is limited, sign up early to save your spot.** Please

note that the dates and times **will not conflict** with the Power Play program being offered on the same dates. The two programs complement each other.

### SKATERS MUST WEAR FULL EQUIPMENT AND WILL BE SKATING WITH STICKS

Please send in attached registration form as soon as possible, to guarantee a spot.

Contact CCC staff at 403-2000, or shannyh@hotmail.com for more information.

## Cornerstone Powerskating Program Registration

Skaters Name: \_\_\_\_\_ Skater's Birthdate \_\_\_/\_\_\_/\_\_\_ Age: \_\_\_\_\_

Hockey Level for 2009/2010 season: \_\_\_\_\_

Parent(s) Name(s): \_\_\_\_\_

Address: \_\_\_\_\_

City,State,Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Registering For: (Check Appropriate Level)

PEE WEE & BANTAM

MITE & SQUIRT

\$100 per skater Times and dates as listed in the chart.

### Liability Waiver

Please read this form Carefully and be aware that in signing up and participating in the program you will be waiving and releasing all claims for injuries sustained arising out of this program, including transportation services, when provided. As a participant in the program I recognize and acknowledge that there are certain risks of physical injury and I agree to assume the full risk of injuries, damages or losses which I may sustain as a result of participating in any and all activities associated with such programs. I do hereby release and discharge the Cornerstone Community Center Inc. and it's officers, agents, volunteers and staff from all claims resulting in injuries or damage and losses due to my participation in the activities provided by these organizations. I further indemnify and hold harmless and defend the named organizations, officers, volunteers and staff all claims resulting from injuries, damages and losses sustained by me and arising out of connection with , or in any way associated with the activities provided. I have read and fully understand Waiver Release of all claims.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Fill out attached registration form & make checks payable to CCC.

Remit to:

**Cornerstone Community Center**

**1640 Fernando Drive, DePere, WI 54115**

**403-2000**