

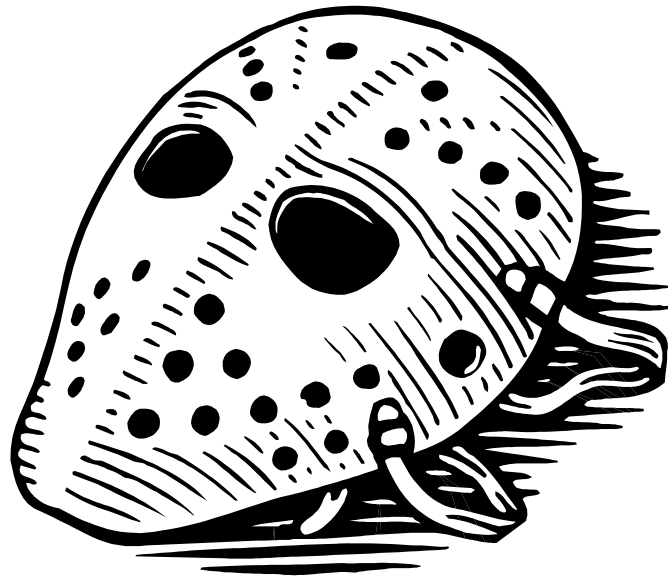
Orono Ice Arena

"Home of the Spartans"

Date: March 12 –15

Times: TBA

Spring Checking Clinic



We will be instructing athletes the proper techniques of body checking and playing defensive hockey, including body positioning, giving and receiving a check, gap control, angling and steering. The skills are taught at safe, slow speeds the first day and increase to full speed drills. Check with confidence this year!

Location: Orono Ice Arena

Register: Contact Steve Krampf (952)449-6090

Highlights

- ◆ Open to all Squirts and Pee Wees
- ◆ 1 hour of ice each day
- ◆ Open to both Forwards and Defenseman
- ◆ Max of 25 athletes

Cost: \$79.00

1025 Old Crystal Bay Road
Long Lake, MN 55356


Orono Ice Arena

Phone: (952) 449-6090
Fax: (952) 449-5788
Email: arenamanager@oronohockey.org