



2011 Hockey Skating Technique October 2nd – November 13th

Do you have a hockey player that loves practicing stick & puck drills but needs to work on his or her skating technique? If your answer is yes then we have a class for you.

- Does your hockey player get the most out of each stride?
- Can your hockey player do crossovers forward and backward with power?
- Can your hockey player stop using either foot, using both edges, forward and backward?
- Can your hockey player make turns 5 different ways?
- Does your player understand how to balance over their blades for ultimate stability on the ice?

Lessons are at **Haynes Pavilion Indoor Ice Arena**, on the Gallatin County Fairgrounds
Sunday's Class 2:20-2:50pm Practice from 1-2:20pm (NO STICKS OR PUCKS)
Classes are 30 minutes

Price: \$90.00 for the 7 week session

For more information: Amy Malachowski at 581-1248 www.bozemanfigureskating.org
Registration: Make checks payable to Bozeman Figure Skating Club (BFSC).

Mail Registration to: **Bozeman FSC LTS Director, P.O. Box 3171, Bozeman, MT 59772**

Skater's Name _____

Skaters Date of Birth _____ Age _____ Previous Class /Level Passed _____

Address _____ City _____ State _____ Zip _____

Parents Name _____ Email _____

Home Phone _____ Cell Phone _____

Payment By: Cash _____ Check # _____

Upon entering events sponsored by Bozeman Figure Skating Club (BFSC), I/We understand and appreciate that participation in, or observation of, the sports of ice hockey and figure skating constitutes risk to me/us of serious injury, including paralysis or death. I/we voluntarily and knowing accept and assume this risk, and release BFSC and LTS, their league affiliates, officers, sponsors, event organizers, skating facilities, coaches and officials from any liability and hold harmless therefore. I /We hereby give my consent for an officer or coach of BFSC of LTS to obtain emergency medical treatment for my child in the event that I am not available.

Parent/Guardian Signature: _____ Date: _____



Hockey Skating Technique Class Information

- Please have skaters in full hockey gear including helmets if they have it. If they don't have full hockey gear please have them in snow pants as they will be falling and will need the padding.
- We will not be using pucks but we might use sticks occasionally so bring one if you have it.
- No sticks or pucks allowed in practice session area.
- At times this class will be slower paced to work on perfecting technique and body positions before trying to move at full speed.
- This class is designed to help skaters understand edges, thrust and correct body positions.
- Focus on:
 - Basic forward stride using the blade and body correctly
 - Power in the back shuffle or hustle
 - Full forward power crossovers not walking crossovers lacking power
 - Full backward crossovers not back step across again lacking power
 - Fast stops on both feet with quick explosion out of the stop
 - Several types of turns on both feet
- Our goal is to help you skate better so when you are at Hockey practice you will be able to focus on stick/puck drills and the strategy of the game the coaches are teaching you.

We hope you enjoy this new class and we welcome all feedback to improve the class for our skaters.

Please contact Amy Malachowski at 581-1248 or ajmalousa@msn.com with questions or feedback. Thank you for your participation