

Spring Basic Skills Clinic 2011

(For skaters ages 5 and up in Basic 1 - Basic 8;
Hockey Basics and Youth Learn to Play)

Monday April 18, 2011

8:30 AM - 1:00 PM

Cost: \$50.00

Finish the day with Cool Tracking for \$15, extending pickup time to 5:30 pm
Early Drop-Off 7:30-8:30 AM for \$10

The Polar Ice House at Garner

103 New Rand Rd, Garner, NC 27529 919-861-7465

Any Questions? Please contact Marilyn Nolte, Garner Ice House Skating Director
Marilyn.nolte@polaricehouse.com // 919-741-5263 (Rink Direct Line)

Schedule - Basic Skills

8:30-9:00 am: *Off-ice Discussion/Warm-up*
9:00-10:00 am: *On-Ice Session #1*
10:00-10:30 am: *Off-Ice Class #1*
10:30-11:00 am *Snack Break / Skates on*
11:00 -11:45 am: *On-Ice Session #2*
11:45-12:45 pm: *Off-Ice Class #2*

Schedule - Hockey Basics

8:30-9:00 am: *Off-ice Discussion/Warm-up*
9:00-10:00 am: *On-Ice Session #1*
10:00-10:45 am: *Off-Ice Class #1*
10:45-11:15 am *Snack Break / Skates on*
11:15 -11:45 am: *Off-Ice Session #2*
11:45-12:45 pm: *On-Ice Session #2*

Class Topics - Basic Skills

Skating Skills

The basics of movement forwards and backwards

Spins

Instruction in 2 foot and basic 1 foot spins

Turns and Transitions

Turns through the levels - 2 foot turns; 3 turns; mohawks

Jumps

Side toe hops; bunny hops; waltz jumps

Warm Up / Cool Down

Instruction in proper pre-activity warm up and post-activity cool down techniques

Skate and Equipment Maintenance

How to take care of your skates

Class Topics - Hockey Basics

Skating Skills

The basics of movement forwards and backwards

Turns and Transitions

Turns through the levels - 2 foot turns; Mohawks; quick turns

Passing and shooting

Passing and shooting the puck

Stick handling

Basics to advanced

Warm Up / Cool Down

Instruction in proper pre-activity warm up and post-activity cool down techniques

Skate and Equipment Maintenance

How to take care of your skates and equipment

To Bring - Basic Skills

Jacket; Gloves; Water Bottle; Running Shoes;
Exercise Mat or Towel; Skates (if you have your own - rentals available at no charge)

To Bring - Hockey Basics

Jacket; Gloves; Water Bottle; Running Shoes;
Skates (if you have your own - rentals available at no charge)
Required Hockey Equipment: Stick; Hockey Gloves; Helmet; Shin Guards; Elbow Pads;