



## **FRIDAY POWER SKATING**

**WITH**

**KATYJO WEST**

*Fridays @ 4:00pm beginning October 28, 2011*

Hyland Hills is proud to offer a supplemental skating program to support all skill building within the Association, featuring Miss West.

Doug Smail, Director of Player Development invited Miss West to his Camp of No Forgiveness to accentuate needed skating protocols for young hockey players. Her dynamic teaching style and unique approach were a big hit with the kids this past summer. The skills Miss West will teach during Friday Power Skating are developmentally critical for hockey players.

- **Edge Work**
- **Stride Lengthening**
- **Stride Control**
- **Balance**
- **Skating from the Hips**

Sessions will be held each Friday from 4:00-5:00 pm and are limited to 25 skaters. Friday Power Skating sessions are designed for Squirt through Midget levels and will run until the end of February.

All participants must submit complete registration form to Hyland Hills Hockey Office

The cost is \$60.00 per month (\$15.00 per session). Minimum one month sign-up.

**Reserve Your Spot Now!**

All proceeds will be donated to the Hyland Scholarship Fund



## HYLAND HILLS HOCKEY ASSOCIATION

### FRIDAY POWER SKATING

#### Registration Form

Player Name: \_\_\_\_\_

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

City/Zip: \_\_\_\_\_

2011/2012 Team/Level Played: \_\_\_\_\_

Position Played: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Parents Name: \_\_\_\_\_

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

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

Emergency Contact: (Name & Phone)

USA Hockey Registration Number: \_\_\_\_\_

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#### Payment Method Options

Registration Fee/Cost - \$60.00/month

Check Made Payable to: Hyland Hills Hockey Association (HHHA)

**All Participants Must Submit Complete Registration Form to  
Hyland Hills Hockey Office, Attn: Diane Wirth**

**Registrations will be accepted on a first come first served basis**