






TOP SPEED POWER SKATING



Want to become a
Quicker, faster, and more efficient skater?

The power skating clinic focuses on the most important
skill in hockey -- **SKATING!**

-  First five step explosiveness
-  Counter balancing
-  Effective tight turns
-  Transitions and balance
-  Puck control with speed

Bring shorts and tennis shoes for off-ice conditioning
and skills games. Flip flops are not acceptable.

Online registration is also available.

Player name: _____ DOB: _____

Hockey level: _____

Parent names: _____ Phone #: _____

Email: _____

Check out our battle camp Aug 5th - Aug 9th!

\$325 per camp

or (\$600 if you do the skills and battle camp)!!

For more information or questions please email :

Dean Nelson at dnelson@kcicecenter.com

Developed and instructed by
former **New York Ranger Bryce
Lampman**

Small instructor to student ratio
providing instant feedback allowing
players to focus on individual skat-
ing weaknesses while building on
strengths.

Clinic ran by the KCIC staff

Date: July 15th - July 18th

Time/age: '01 - '04 (2:30 - 6 p.m.)

'96 - '00 (3:30 - 7 p.m.)

Cost: \$150

2 hours on ice, 1 hour off ice

4 goalies (1/2 price)

Camp limited to the first 30 per group