

KCIC Youth Hockey Summer Clinics

TOP SPEED & TOP SHELF

Clinic Highlights:

4 hours of each dedicated to improving your skating & shooting!

Power Skating -

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

Shooting -

- ❖ Specific shooting and scoring drills focusing on:
 - Shooting balance & positioning
 - Hand-eye coordination
 - Screens, tip ins, deflections
 - Shooting accuracy



NEW TIMES!!

GROUP 1(2011-2012)

1:00p – 2:00P on ice
2:15p – 3:00p off ice
3:20– 4:20p on Ice

GROUP 2(2007 – 2010)

2:10p – 3:10p on ice
3:30p – 4:15p off ice
4:30p – 5:30p on ice

Lead Instructor:

Dean Nelson – KCIC/Stars Hockey Director

Assisted By:

Simon Watson and Jordan Maloney

Dates: July 19-22, 2021

Cost: \$225

Age: Birth years 2007 – 2012*

2 hours on ice, 1 hour off ice per day

4 goalie spots available – free!!

Reserve spot by e-mail:
dnelson@kcicecenter.com

Limited to first 30 per group.

***Bring shorts & tennis shoes for off-ice conditioning. Flip flops are NOT acceptable. ***

**Check out our 5 Skills Clinic
July 26-29, 2021**

2 Clinics for \$400!!

*** 1 year of organized hockey required**

Player Name: _____ DOB: _____ Age: _____

Parent Name: _____ Phone Number: _____

E-Mail Address: _____

Hockey Level: _____

To Register: E-Mail Dean (dnelson@kcicecenter.com), mail in with check, or turn in at KCIC.