

POWER SKATING

Presented by Sooke Skating Club



CAMP FEATURES

- Increased foot speed
- Increased speed, agility and control while changing direction and transitioning from forward to backward
- Increased stride length and efficiency while maintaining control in upper body for improved puck control
- Quick tight balanced pivot turns with acceleration out of turns

Instructor Garry Knox

Garry Knox has recently relocated to Sooke, BC and comes with 25+ years of coaching skating (power skating and figure skating). Garry is a NCCP Level 3 National ranked skating coach. He has had athletes competing at a national level for the past 15 years.

Garry has developed hockey players from beginner to elite levels by improving skating skills.

Garry is also a certified strength and conditioning specialist with National Strength and Conditioning Assoc. and has a Bachelor of Science degree in health, physical education and recreation.

Players may wear full gear or may choose to wear helmet, gloves, sweats and shin pads. Players should bring their stick. Sticks will be incorporated once specific skills are learned.

Monday Mornings

7:00am -7:30am Novice

7:30am-8:00am Atom

Session 1 Sept 9 - October 28 (no skating October 14)

Session 2 - November 4 -December 16 (no Skating November 11)

Session 3 - January 6-Feb 17

Pricing for Session 1, 2 or 3 – \$65 each plus \$38 Skate Canada fee

Bundle Pricing:

If you registered for Session 1 & 2 – \$110.00

If you registered for Sessions 2 & 3 – \$130.00

If you registered for All sessions – \$185.00

Limited Spaces Available

Registration in person

September 5th, 2019 5:30pm-7:00pm

Contact - sookeskatingclub@gmail.com



SKATECANADA