



## Ilderton Minor Hockey Association Pre Try-out Power Skating August 31 to September 4 , 2009

This program will focus on teaching power skating fundamentals to improve balance, agility, power, and endurance. Puck skills will be added to further enhance the hockey development and power skating techniques. This is NOT a learn to skate program. Full CSA approved equipment is mandatory.

This will be an excellent week in preparation for September tryouts and is available only to IMHA registered players. We will attempt to cut off group sizes at 30 players per group, and thus may need to move players to other groups. Sign-up early!!

Instructors : Certified Power Skating Instructors (Minor through to Junior Hockey experience)	
Cost :	\$45 per session (5 hours of ice) ***ALL sessions will be Male / Female ****

Session #1 :	13 - 14 year old	(birth year 1995, 1996)	1:30 p.m.
Session #2 :	12 - 13 year old	(birth year 1996, 1997)	2:30 p.m.
Session #3 :	10 - 11 year old	(birth year 1998, 1999)	3:30 p.m.
Session #4 :	8 - 9 year old	(birth year 2000, 2001)	4:30 p.m.

Detach and submit      ↓                      ↓                      ↓                      ↓                      ↓                      ↓

-----

Name		Emergency Contact	
Address		Contact phone #	
City		Health concerns	
Postal			
Telephone	Email address:		

**Please forward:**  
 Completed form and select desired session →  
 \$45 Cheque payable to Ilderton Minor Hockey Association  
 Cheques can be posted dated to August 15, 2009

Send it in with your completed IMHA Hockey Registration  
 Mail to: IMHA  
           PO Box 369  
           Ilderton, ON  
           N0M 2A0

Please Circle Session #
1
2
3
4

Please enter **email address** as confirmations will be emailed  
 Don't be disappointed, register early