



Ilderton Minor Hockey Association Pre Try-out Power Skating August 30 to September 3 , 2010

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	
Cost :	\$55 per session (5 hours of ice) ***ALL sessions will be Male / Female ****

Session #1 :	14 - 15 year old	(birth year 1995, 1996)	12:30 p.m.
Session #2 :	12 - 13 year old	(birth year 1997, 1998)	1:30 p.m.
Session #3 :	10 - 11 year old	(birth year 1999 - 2000)	2:30 p.m.
Session #4 :	8 - 9 year old	(birth year 2001, 2002)	3:30 p.m.
Session #5 :	6 - 7 year old	(birth year 2003, 2004)	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 →
 \$55 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 enter **email address** as confirmations will be emailed.
 Don't be disappointed, register early.

Please Circle Session #
1
2
3
4
5