



## PRO HOCKEY LIFE 67's MINOR HOCKEY ACADEMY ELITE POWER SKATING

“ We are more than a hockey game, we develop players “

**What is our Elite Power Skating?** This is a fun, challenging and intense skating specific clinic. Participants will take part in a series of skill enhancing exercises aimed to improve your skating technique, power, agility & stride. The clinic focuses on skills to increase your effectiveness as a skater and player; resulting in greater successes on the ice!

- Proper Skating Technique
- Use of Edges (Efficient Skating)
- Stride Power
- Agility
- Backward Skating
- Cross-Overs (Frontward / Backward)
- Pivoting

### \$50 per Skater Get's YOU!

- 1 hr of Power Skating
- Two (2) Ticket Vouchers
- \$5 Pro-Hockey Life Gift Card
- One (1) Pro-Hockey Life 67's Minor Hockey Academy T-Shirt

Mike Morel will lead his group of 4-6 qualified instructors for a maximum of 30 participants per session. There are limited spaces per clinic, which are divided up in specific age groups to enhance the overall quality and experience.

Please register ONLINE [www.ottawa67s.com](http://www.ottawa67s.com) to reserve your spot!

**FULL TEAM DISCOUNT OF 20% OFF AVAILABLE (min. 13 skaters)**  
**\* Please be sure to note dates / times & age grouping of clinics \***

### Clinic Age Levels – Ottawa Civic Centre

IP 5 & 6 yr olds, Novice & Atom  
**Pee-Wee & Bantam**

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### Clinic Dates & Times

Sunday September 27<sup>th</sup> @ 5 p.m. (Session 1)  
Sunday September 27<sup>th</sup> @ 6 p.m. (Session 2)

Saturday November 14<sup>th</sup> @ 2 p.m. (Session 3)  
Saturday November 14<sup>th</sup> @ 3 p.m. (Session 4)

Sunday December 6<sup>th</sup> @ 5 p.m. (Session 5)  
Sunday December 6<sup>th</sup> @ 6 p.m. (Session 6)

Saturday January 9<sup>th</sup> @ 5 p.m. (Session 7)  
Saturday January 9<sup>th</sup> @ 6 p.m. (Session 8)

Sunday January 17<sup>th</sup> @ 5 p.m. (Session 9)  
Sunday January 17<sup>th</sup> @ 6 p.m. (Session 10)

Saturday February 13<sup>th</sup> @ 1 p.m. (Session 11)  
Saturday February 13<sup>th</sup> @ 2 p.m. (Session 12)

To Sign up or for any inquiries please contact Shawn Arial, Director of Minor Hockey @ 613.232.6767 x 227  
[sarial@ottawa67s.com](mailto:sarial@ottawa67s.com)