



COMPETITIVE EDGE

POWER

Power Skating & Skills Program

Advanced Power

60 Minute Session

Must have ability to stop, turn, forwards/backwards stride, forwards/backwards crossovers

In this program players will be improving both their forward and backward crossovers using advanced techniques to take these skills to the next level. They will also be learning advanced quick start techniques, and improve their change of direction ability through both improving the basics and through advanced forward and backward edge work and hip opener drills. This program will incorporate both skating and ringette/hockey skill development.

Participants must wear full equipment and bring sticks

8 Sessions Total

Saturdays: Nov. 18, 25, Dec. 2, 9, 16,

Jan. 6, 13, 20

**@10:15am at River East Arena Registration fee = \$195+gst
Register at <https://rera.ca>**