



COMPETITIVE EDGE

POWER

Power Skating & Skills Program

Development/Intermediate Power

60 Minute Session

Must have ability to stop on at least one side and basic backwards skating ability

In this program players will be improving their forward and backward skating, change of direction abilities, as well as change of speed abilities (balance & edges, forward & backward stride, forward crossovers, quick starts and stops, turning and transitions). They will also be introduced to backward crossovers and backward edge 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

@9am at River East Arena

Registration fee = \$195+gst

Register at <https://rera.ca>