

SEMI PRIVATE HOCKEY  
TRAINING @ CONWAY  
ARENA

## Skills & Thrills Clinics!

Semiprivate Mini Hockey Clinics

Individualized Training for

Youth & Adult

Thursdays 8 PM

4 weeks—12 students

\$120 per Skater

FIRST SESSION STARTS SEPT. 3rd  
You Must Pre-Register for this Clinic

More Skills & Thrills, Groton School  
Tuesdays @ 10 AM, 4 weeks-\$120



### HOCKEY SKATING & AGILITY TRAINING

*Hockey training is essential to a hockey player's development. It is only in skill-specific training with knowledgeable skating coaches and a developmentally appropriate plan that your skater will measurably and significantly improve skating and skills in the game.*

*Our hockey programs are different from anything you've done before. We are hockey trainers. We teach hockey and skating. We instruct our students, step by step, as they learn hockey skating and hockey skills. We train our players to develop agility, rhythm, tempo and power to become athletic hockey players. The skills needed to play hockey are complex and require ongoing training, consistent repetition and correction over a period of time. We understand what it takes to develop a hockey player and provide programs that elevate your hockey skating and skills to the next level.*

**Checks Payable to  
Joyce Strong  
PO Box 50  
Groton, MA 01450**

Phone: 617-666-1122

E-mail: [joycestrong@verizon.net](mailto:joycestrong@verizon.net)



*Hockey Skating &  
Agility Training  
[StrongDynamics.com](http://StrongDynamics.com)*

617-666-1122

- Session 1: September 3, 10, 17, 24
- Session 2: October 1, 8, 15, 22
- Session 3: October 29, November 5, 12, 19
- Session 4: December 3, 10, 17 (3 weeks, \$90)
- Session 5: January 7, 14, 21, 28
- Session 6: February 4, 11, 18, 25
- Session 7: March 4, 11, 18, 25
- Session 8: April 1, 8, 15, 22
- Session 9: April 29, May 6, 13, 20
- Session 10: May 27, June 3, 10, 17, 24 (5 weeks, \$150)

**Week 1: Extreme Edges & Perfect Stride**

Inside & outside edges, open hips, forward & backward skating, starts & stops, proper hockey posture and total body activation for the perfect hockey stride

**Week 2: Hyper-Agility & Balance**

Jumping, acceleration and power development. Stay-on-your skates balance and flexibility

**Week 3: Perfect Pass & Sniper Clinic**

Wrist shot, backhand, snap shot, slap shot, 1-timers and dekes, dynamic & static passing

**Week 4: Stick handling & Skating to Score**

**Adult COED Scrimmage**  
**Four 10-Week Sessions**  
**Thursdays @ 9:10 PM**

\$150 for 10 weeks Walk-ons \$20

**Session 1:** September 3 through November 5

**Session 2:** November 12 through February 4 (no session 11/26, 12/24 or 12/31)

**Session 3:** February 11 through April 15

**Session 4:** April 22 through June 24

**More Skills & Thrills Hockey Clinics**

Tuesdays @ 10 AM  
Groton School, Groton, MA  
4 weeks \$120 12 skaters, September to March



Player : \_\_\_\_\_  
 Parents: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
 Home Phone: \_\_\_\_\_  
 Cell Phone: \_\_\_\_\_  
 Birth Date: \_\_\_\_\_ Hockey Level: \_\_\_\_\_  
 E-mail \_\_\_\_\_

**Agreement & Waiver**  
 I acknowledge there is risk of injury for my child when participating in any hockey program. I understand and accept this risk. I hereby understand and agree that Strong Dynamics Hockey (SDH), Joyce Strong, SDH staff, hired consultants, volunteers and the facilities used to conduct hockey clinics shall in no way be held responsible or liable for any injury suffered by or inflicted by the above student while attending sessions of SDH. I waive and release Joyce Strong and SDH to act for me in any emergency requiring medical attention. I will be responsible for any medical or other charges in connection with my child's attendance at SDH Clinics. I attest the applicant is in good health and is able to participate in the physical activity of this rigorous hockey program. SDH is not responsible for lost or stolen property. I grant permission to SDH to use any images or videos created of my child for use in SDH promotional materials published on the web or in print and these images remain the property of SDH.  
 Signature: (Parent/Guardian): \_\_\_\_\_