

Ultimate Hockey Clinic

presented by:



August 6-8th

Louis Astorino Ice Arena

**Bantam &
Midget**

8:00am-12:15pm

\$295

**per
person**

Cash, Check,
Venmo

**Bantam &
Midget Girls**

10:45am- 3:00pm

Take your game to the NEXT level

**Power Skating Skills, Speed & Technique
Shooting Drills & Proficiency
Off-Ice Conditioning**

Coaches: Stephanie Siclari, Sean Donohue

Full gear required:
Jersey provided

**Register by emailing:
stephanie@stephaniesiclari.com**

Why Our Clinic?

Our approach is simple - we want you to reach your highest potential.

You will receive a hands on, individualized approach where we teach you proper technique and body positioning to help your stride glide faster, become more powerful, and improve your edges to help you out skate your opponent. With the correct technique comes more confidence to help you soar during your next game.

Off-Ice training will teach you drills you can use year- round that transfer to the game by increasing your explosiveness and agility on the ice, push the puck faster, game day prep, build balance, and overall conditioning so you are not tired by the 3rd period of your game.

**For more information, please email Coach
Stephanie: stephanie@stephaniesiclari.com**

www.coachstephaniesiclari.com