

Ultimate Hockey Clinic

presented by:



July 29th- July 31st
Louis Astorino Ice Arena

**Mite &
Squirt A/AA
8am-12:15pm**

**\$295
per
person**
Cash, Check,
Venmo

**Squirt AAA &
Pee Wee
10:30am-2:45pm**

Take your game to the NEXT level

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

Coaches: Stephanie Siclari, Sean Donohue, Kurt Garceau

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**