



Fall Clinics

Ages 4 - 14

Palisades Center Ice Rink

Starting

**Friday, September 5th
4:45 to 5:45 PM**

**More time on ice,
more improvement!**

- Edging, stopping, transitions, backwards
- Hockey Drills - shooting, stick handling, passing
- Cross-ice scrimmaging, positional play



Go to Buds4Hockey.com to purchase packages and reserve your spot.

**Full equipment required.
Neck guards are recommended.
2025 waiver must be signed**