

YOUTH HOCKEY SKILL DEVELOPMENT LEVEL 1

April 9-June 5

Presented by Skate Frederick Hockey Director, Sylvain Cardin, and
Instructor, Coach Ken Elliott

Skate Frederick Hockey Director, Sylvain Cardin

- M.S. and PhD in Exercise Physiology
- B.S. Physical Education specializing in the preparation of the high level athlete
- Worked with Nashville Predators, Quebec Nordiques (now Colorado Avalanche), and Montreal Canadiens
- Team South Coach of the prestigious Chicago Showcase
- Junior Goaltender
- 2001 Tennessee State "Coach of the Year"



To contact Sylvain, please call
(301) 662-7362 ext. 17.

LEVEL 1

- Designed to enhance basic hockey skills
- Must have completed Learn to Play, be current in-house player, or pass evaluation by Hockey Director
- Taught by USA Hockey-certified coaches
- Skills aligned with USA Hockey skill development program:
Pivots, Hockey Stops, Tight Turns, Forward Starts, & Open Ice Carries
- Skills instruction plus small area games!

We invite players currently enrolled in our Spring In-House program to further enhance their skills through participation in the Skills Development program. The rate for these students will be \$60.00 for 9 sessions.

**9 Sessions
Only \$120**

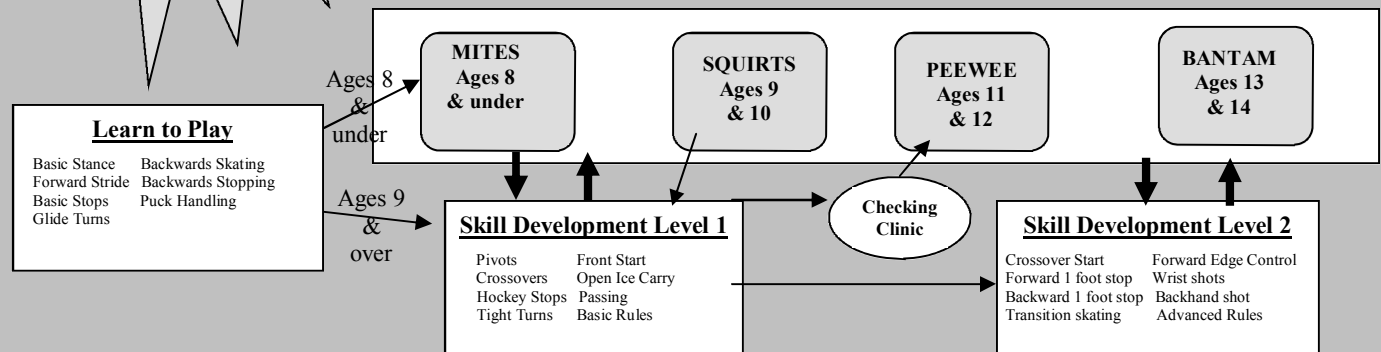
FRIDAYS, April 9-June 4

6:20-7:10 pm

NO CLASS on MAY 28th

Last Class: Saturday, June 5th @ 11:00 am

Skate Frederick In-House Hockey Program



For questions or more information, please contact Sylvain Cardin, Skate Frederick Hockey Director@
(301) 662-7362 ext. 17 or skatefrederickhockey@comcast.net



SKILL DEVELOPMENT LEVEL 1

Participant's Name: _____

Birthdate : ____ / ____ / ____ Age: _____

Address: _____

City _____ State _____ Zip _____

Phone:(____)____-_____

Parent's Name: _____

Parent's E-mail: (very important for communication!) _____



Payment Information:

- Program Fee: \$120.00
- Spring '10
- In House participants: \$ 60.00

Check # _____

Cash _____

Visa/Mastercard

Exp. Date ____/____

LIABILITY RELEASE

In Consideration of the Participant being permitted to register and participate in ice hockey at Skate Frederick we do hereby forever release and discharge its Directors, Coaches, Agents, Employees and any person or corporation connected herewith from all manner of action, injury, damages, casts, claims or demands which we shall or may hereafter have, suffer or receive by reason of such participant in any program at the center. The release shall be binding on our heirs and assigns, executors, and administrators. It is further agreed that Skate Frederick shall not be considered to guarantee or warrant such equipment as may be used in conducting said ice skating activity. Skate Frederick, LLC reserves the right to use any pictures taken during the skating activity for advertising and or promotional purposes.

I have read and understand all the information presented in this brochure:

Parent/Guardian Signature _____ Date _____

Emergency Contact Information: (Other than Parent/Guardian)

Contact Name _____ Relationship _____ Phone (____)____-_____