

# YOUTH HOCKEY SKILL DEVELOPMENT 1 SEPTEMBER 10-DECEMBER 18

Presented by Skate Frederick Hockey Director, Sylvain Cardin,  
and Instructor, 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.

## SKILL DEVELOPMENT 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!

**Players currently enrolled in our Fall In-House program can improve their skills and get a jump on the competition at a discount! Take the entire 13 week clinic for only \$99.**

**FRIDAYS, September 10-December 17 @ 6:20-7:10 PM**  
*EXCEPTION-NO classes on Nov. 5 & 26th*  
*End of Session Game: Saturday, December 18 @ 10:45 am*

**13 Sessions**

Including end-of-session evaluation and game

**Only \$159**

## Skate Frederick In-House Hockey Program

### Skate Frederick In-House Leagues

**MITES**  
Ages 8 & under

**SQUIRTS**  
Ages 9 & 10

**PEEWEE**  
Ages 11 & 12

**BANTAM**  
Ages 13 & 14

### Learn to Play

Basic Stance    Backwards Skating  
Forward Stride    Backwards Stopping  
Basic Stops    Puck Handling  
Glide Turns

Ages 8 & under

Ages 9 & over

### Skill Development Level 1

Pivots    Front Start  
Crossovers    Open Ice Carry  
Hockey Stops    Passing  
Tight Turns    Basic Rules

Checking  
Clinic

### Skill Development Level 2

Crossover Start    Forward Edge Control  
Forward 1 foot stop    Wrist shots  
Backward 1 foot stop    Backhand shot  
Transition skating    Advanced Rules

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: \$159.00
- In House participants: \$ 99.00

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 (\_\_\_\_)\_\_\_\_-\_\_\_\_\_