

YOUTH HOCKEY SKILL DEVELOPMENT LEVEL 2 APRIL 9-JUNE 4

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.

LEVEL 2

- Designed to enhance intermediate hockey skills
- Must have completed Skill Development Program Level 1, be current in-house player, or pass evaluation by Hockey Director
- Taught by USA Hockey-certified coaches
- Skills aligned with USA Hockey-certified coaches- Crossover starts, Weak side work, Shooting, One-foot stops, & Edge Control
- Skill 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 \$55.00 for 8 sessions.

FRIDAYS, April 9th-June 4th 7:10-8:00 PM

(EXCEPTION- NO class on May 28)

**8 Sessions
Only \$109**

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

Ages 8
&
under

Ages 9
&
over

Learn to Play

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

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 2

Participant's Name: _____

Birthdate : ____ / ____ / ____ Age: _____

Address: _____

City _____ State _____ Zip _____

Phone:(____)____-_____

Parent's Name: _____

Parent's E-mail: _____



Payment Information:

- Program Fee: \$ 109.00
- Spring '10 In-House \$ 55.00

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 (____)____-_____