Skill Development Clinic

**Iceland, Inc.** 3345 Hillside Avenue, New Hyde Park, NY 11040 (516) 746-1100 Visit our website: www.IcelandLongIsland.com

**Iceland / Long Island Sharks USA Initiation Program:**

**Ages 5-16 Beginner to Intermediate**

# The clinic will be held on the following Seven Sunday’s

**5/12, 5/19, 6/2, 6/9, 6/16, 6/23, 6/30**

**No clinic 5/26**

#### **Director-Rich Roulston Assistant Director / Instructor- Rich Destasio**

Features: Thorough and experienced on ice instruction and demonstration of all fundamental skating techniques. Demonstration of numerous proven practice drills to develop the skating fundamentals.

(Sample Lesson Plan)

**\*Step One \*Step Two \*Step Three**

## A. Forward skating technique A. Forward crossovers A. Backward crossovers

## B. Balance drills B. Quick starts B. Passing

## C. Stopping C. Backward stops C. Shooting

## D. Backward skating D. Puckhandling D. Position

## *\*Players will be placed in their proper steps by ability*

**Price for 7 Weeks**

## \*\* Credit and Debit card prices reflect a 4% non-cash adjustment \*\*

## $245.00 – Cash or check discount price

**$253.00 – Credit or Debit cards**

## Session meets on Sunday from 1:00-2:00PM

## -Equipment needed-

## Helmet with full shield, gloves, skates, shin pads, elbow pads, hockey sticks,

shoulder pads, neck guard, and mouth guard

###### *Full payment with application / Limited enrollment\* \*****NO REFUNDS, NO EXCEPTIONS!***

Send application to: **Iceland**, 3345 Hillside Avenue, New Hyde Park, NY 11040 (516) 746-1100 www.IcelandLongIsland.com

**Name: Phone:**

**Address: Email:**

**Town: Zip:**

**Birth date: Age:**

## Parent / guardian signature

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