

# Skills Development Clinic

SEVENTH ANNUAL

Directed by Utica College Head Coach, Gary Heenan

Coach Gary Heenan, founder and current Head Coach of Utica College Hockey was an all-star player at Hamilton College before playing professionally in Europe. Coach Heenan owns Heenan's Hockey System's an international hockey camp. Coach Heenan is aggressive in his methods and demands perfection. You're in the right camp if your player wants to work hard while getting better.

## Skating

- Power Skating
- Backward Skating for defensemen
- Crossovers

## Puck Control

- Developing stick fakes
- Protecting the puck

## Goal Scoring

- Developing stick speed while shooting
- Learning the art of when to shoot and when to deke
- Shooting Techniques

## Defensemen

- Developing defensemen skills
- Learn how to check
- Work on one-on-one, two-on-two, three-on-three

## Wednesday Evening Clinics

{Mites, 5:30-6:30: Squirts, 6:40 -7:40: PW, 7:50-8:50}

April 18 – May 23, 2012

**REGISTRATION FEE:** \$170.00 per player / **Goalies \$110.00**

Name: \_\_\_\_\_ Telephone: ( ) \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_ DOB: \_\_\_\_\_

Parent/Guardian Signature: \_\_\_\_\_ Level: \_\_\_\_\_

Checks Payable to: Midstate Youth Hockey Association, Inc.

5575 Meltzer Court, Cicero New York 13039

(315) 752-RINK