

Skills Development Clinic

FOURTH 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 also offering a 1 week camp in Cicero the week of July 19th-July 23th. 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 21 – May 26, 2010

REGISTRATION FEE: \$195.00 per player / Goalies \$110.00

Name: _____ Telephone: () _____

Address: _____ City: _____

State: _____ Zip: _____ DOB: _____

Parent/Guardian Signature: _____ Level: _____

Checks Payable to: New Dimension Properties

5575 Meltzer Court, Cicero New York 13039

(315) 752-RINK