



CHECKING CLINIC

Wednesday, August 27th, September 3rd, 10th, & 17th

Checking Clinic Objective:

This clinic will introduce and prepare players for body contact. We will teach players how to properly give and receive a check, review the different types of checks (body and stick) and teach players how to protect themselves in prone situations. Other topics covered will be puck protection, angling, and defensive side positioning using various checking situational drills.

(This clinic is still recommended for players that will not be of checking age this coming season.)

This session will be split into two different groups:

6:25pm – Group A: Birth Years (97, 98, 99)

7:25pm – Group B: Birth Years (94, 95, 96)

There will be a 30 player maximum for each group. This program was full last year.

Investment: \$95

Registration Deadline: August 18th

Please Check Which Session: 6:25pm (Group A) _____ 7:25pm (Group B) _____

Player Name (Print) _____

Date of Birth ____/____/____

Parents Name (Print) _____

Street Address _____

City _____ State _____ Zip _____

Phone (H) _____ (W) _____

(C) _____ Email _____

Checking Clinic