

Class Descriptions		For:
SKATING	The focus of this class is hockey's most vital, fundamental skill....SKATING! Proper technique is emphasized while players skate full speed with and without pucks.	Travel Players
SKILLS	Hockey skills such as shooting, passing, positioning, battling, etc. are the focus of these creative, fast paced, and highly effective sessions.	Travel Players
S&S 50/50	Every week this class is 50% skating, 50% hockey skills, and 100% challenging!	House and Select players
S&S ALTERNATING	One week all hockey skating, the next week strictly hockey skills.. these classes alternate every week between skating and skills for a complete training experience.	House and Select players
TOTAL IMMERSION	These supplemental, single skill, in-depth electives give our skaters an opportunity to drop-in for intensive training when the focus skill is of particular interest to them. Each class will concentrate entirely on just one skill for deep instruction. Every drill, every exercise, even the warm-up will be designed to enhance that week's skill. Short Burst Speed, Sniping Shots, Fast Starts, Agility, Edge Control, and more will be covered. A complete schedule is coming soon.	Travel players