



www.powerskating.ca

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What is power skating

Though there has been some confusion as to what power skating is. It is not for figure skaters. Power skating was designed to improve and master skating techniques for both hockey and ringette players. It is not a miracle program, like they say what you put in, is what you get out, we cannot expect to take one power skating lesson and then become a superstar, it takes time, practice and dedication to become an excellent skater. Power skating is not only for straight line acceleration, but for all skating skill areas, backward skating, tight glide turns, forward and backward crossovers, are just a few areas we focus on. So the end result of power skating lessons with us means a complete skater in **ALL** areas.

Our Program

The difference between our sessions and a regular hockey team's practice is what we focus on. A hockey practice focuses on the team's ability to make plays and score. Our area however, is on the individual skater and his sureness of skating skills. By doing this, we hope to improve their play-making and goal scoring abilities.

Who is it for

Our target group are students from Novice through Bantam. By teaching children of that age, we hope to correct newly formed habits before they become too difficult to correct.

THE ESSENTIAL PROGRAM FOR IMPROVING YOUR HOCKEY SKATING SKILLS

Our Instructional Video

Here is an outline of what is covered in the video

- **Warm-up & Stretching**
- **Knee Bend & Hockey Stance**
- **Edges**
- **Forward Stride**
- **Backward Stride**
- **Side Stops**
- **Backward Snowplow Stops**
- **Tight Turns**

Our video is available on VHS or DVD, and can be purchased online at our website at www.powerskating.ca or you can contact us at **514-363-6773**

How to Register

If you would like to register for one of our sessions, please logon to our website at www.powerskating.ca & fill out a **contact form** or you can contact us at:

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