

Members and parents or legal guardians of members agree to hold the NHSC, its executors, and board members, the coaches, and the Township of Wilmot free and blameless from any damage, accident or injury which may occur to the member during power skating lessons.

Signature: _____

Date: _____

Please complete both sides of this form and send this Application Form and

Cheque to :
Kevin Winter
102 Well St.
Stratford, ON
N5A 4M1

Deadline: Forms must be

RECEIVED BY:

Fall Session - August 25, 2019

Winter 1 - October 1, 2019

Winter 2 - December 15, 2019

Registrations are accepted on a first come first served basis.

Late entries will be accepted if numbers permit and are subject to a \$30.00 Late Fee.

All programs are subject to enrolment and may be changed or cancelled if numbers warrant.

Maximum number of skaters per session is 28.

Power Camps

Fall Session (Wednesday nights)

Sept. 5 – Oct. 9, 2019 (6 sessions)

Power 1

7:30 - 8:15 pm

Power 2

8:15 - 9:00 pm

Winter 1 – All Levels (Mondays)

Oct. 21 - Dec. 23, 2019

10 sessions

4:30 – 5:20 pm

Winter 2 – All Levels (Mondays)

Jan. 6 - Mar. 30, 2020

13 sessions

4:30 – 5:20 pm

All programs run at the Wilmot Recreation Complex

Cost

Fall Session – \$145 + \$40 Ins.

Winter 1 Session - \$220 + \$40 Ins.

Winter 2 Session – \$260 + \$40 Ins

****Note-The Ins. Fee is payable only 1 time per year, Sept. 1-Aug. 31****

Further Information:

Please contact Kevin Winter @

519-275-2379, or

www.newhamburgpower.com

Equipment Required:

All participants are required to wear full hockey equipment and have a hockey stick.



Fall and Winter Power Skating Camps 2019 - 2020

Fall

Sept. 5 - Oct. 9, 2019

Power 1 – 7:30-8:15 pm

Power 2 – 8:15-9:00 pm

Winter 1- All Levels

Oct. 21 - Dec. 23, 2019

4:30 - 5:20pm

Winter 2 – All Levels

Jan. 6 - Mar. 30, 2020

4:30 - 5:20pm

Wilmot Recreation Complex

Affiliated with NHSC

Why Power Skating?

Power skating is a program that is designed to improve and master skating techniques for both hockey and ringette players. Power Skating provides skaters with a session to focus on their skating abilities, which can then be transferred to hockey practices and games. 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/backward crossovers, etc.

Our Program

Our program is the only Nationally Recognized Power Skating program in the country. This program is taught in skating centres from coast to coast.

Power 1

This program is geared to skaters who already have basic forward skating skills. It is designed to teach players the skating fundamentals needed to improve speed, quickness, and overall skating agility.

We teach fundamental techniques correctly from the start. This means that we develop our skills slowly at first and then increase speed as the skill is mastered.

Power 1 focuses on:

- Proper stride techniques forward and backward
- Lengthening your stride
- Edge control, stopping
- Forward and backward crossovers

- Explosive skating moves, high velocity turns and pivots
- Introduction to forward laterals
- All of the above is done without the puck

Power 2

This program is geared to skaters with advanced skating skills. This program is designed to further a players' skating fundamentals. It will continue to improve speed, quickness, and overall skating agility.

This will be a high tempo session.

Power 2 will focus on:

- Continued forward and backward stride technique
- Explosive acceleration, stride efficiency, agility/foot speed, quickness
- Power and speed, dynamic balance, speed with the puck
- Explosive skating moves, high velocity turns and pivots
- Forward and backward crossovers
- Quick feet crossovers
- Forward and backward laterals
- All of the above is done with and without the puck

New Hamburg Power is taught by Kevin Winter. Kevin is a fully certified power skating coach. He has taught Power Skating for Twin City Hockey Skating School, Wilmot Wolverines Girls Hockey Association, and the AAA Huron/Perth Lakers. He has also taught privately up to Jr.B Level.

Kevin has operated New Hamburg Power for ten years and also operates Ice Stage Power Skating School in Stratford.

New Hamburg Power

Skater's Name: _____

Skater's level: _____

Parent's Name: _____

Address: _____

Postal Code: _____

E-Mail: _____

Phone #: _____

Emergency Contact:

Sex: M or F

Birth Date: Day: ___ Month: ___
Year: _____

Check session(s)

Fall Session

Power 1 _____ **\$145.00**

Power 2 _____ **\$145.00**

Winter 1 _____ **\$220.00**

Winter 2 _____ **\$260.00**

**Please add \$40.00 Ins fee to
first program only**

Cheque payable to NHSC