

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.

*No Refunds will be issued after registration without a medical note.*

*Please note, for all Covid illnesses or facility shutdowns due to Covid, refunds or credits will be made available minus the admin. fee and any fees used on days that have run.*

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 – September 8, 2020**

**Winter 1 - October 1, 2020**

**Winter 2 - December 15, 2020**

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 23.*

## **Power Camps**

### **Fall Session (Wednesday nights)**

Sept. 9 – Oct. 7, 2020 (5 sessions)

#### **Power 1**

8:00 - 8:45 pm

#### **Power 2**

9:05 - 9:50 pm

### **Winter 1 – All Levels (Mondays)**

Oct. 19 - Dec. 21, 2020

10 sessions

4:20 – 5:10 pm

### **Winter 2 – All Levels (Mondays)**

Jan. 4 - Mar. 29, 2021

13 sessions

4:20 – 5:10 pm

All programs run at the Wilmot Recreation Complex

### **Cost**

**Fall Session** – \$130 + \$44 Ins.

**Winter 1 Session** - \$230 + \$44 Ins.

**Winter 2 Session** – \$275 + \$44 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](http://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 2020 - 2021**

### ***Fall***

**Sept. 9 - Oct. 7, 2020**

**Power 1 – 8:00-8:45 pm**

**Power 2 – 9:05-9:50 pm**

### ***Winter 1- All Levels***

**Oct. 19 - Dec. 21, 2020**

**4:20 - 5:10pm**

### ***Winter 2 – All Levels***

**Jan. 4 - Mar. 29, 2021**

**4:20 - 5:10pm**

**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** \_\_\_\_\_ **\$130.00**

**Power 2** \_\_\_\_\_ **\$130.00**

**Winter 1** \_\_\_\_\_ **\$230.00**

**Winter 2** \_\_\_\_\_ **\$275.00**

**Please add \$44.00 Ins fee to  
first program only  
Cheque payable to NHSC**