

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, Ont.
N5A 4M1

Deadline: Forms must be
RECEIVED BY:
Christmas - December 10, 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 28.

Christmas Power Camp

8:00-8:50am

Registration in the Christmas session includes 9 sessions:
Dec. 21, 22, 23, 24, 28, 29, 30, 31, 2020 and Jan. 2, 2021. *All sessions run 8:00-8:50am.*

All programs run at the Wilmot Recreation Complex

Cost

\$200.00 + \$44.00 Insurance (if applicable)

****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.



Christmas Power Skating Camp 2020

*December 21, 2020-
January 2, 2021
8:00-8:50am*

**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 such as backward skating, tight glide turns, forward/backward crossovers, etc.

Our Program

Our program is the Canadian Power Skating Program. It is the only Nationally Recognized Power Skating program in the country and is taught in skating centres from coast to coast.

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.

Our program focuses on:

-Proper stride techniques forward and backward

-Lengthening your stride

-Explosive acceleration, stride efficiency, agility/foot speed, quickness

-Power and speed, dynamic balance, speed with the puck

-Edge control, stopping, crossovers

-Explosive skating moves, high velocity turns and pivots

-All of the above is done without and with the puck

New Hamburg Power Skating 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 eight years and currently co-operates Ice Stage Power Skating School in Stratford.

New Hamburg Power Skating

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)
Xmas Session _____ - \$200.00

Please add \$44 Ins fee if not registered with us since Sept. 1, 2020.

Cheque payable to NHSC