

# SOUTHSIDE CHECKING CLINIC

## AUGUST 2020

The Southside Checking Clinic is designed to ease the transition into U14 Bantam hockey. It is critical for players to be able to give and receive checks without worrying about the potential for injury to be successful at this game.

This camp will help train your game so that you have the skills and confidence to play to the best of your abilities in tight, physical situations while also reducing the likelihood of injury.

- 4.5 hours of on-ice professional instruction.
- Focus on developing key skills including angling, positioning, technique, awareness and many more.

**Instructors:** **Travis Richards:** Defenseman Grand Rapids Griffins, U.S. Olympian  
**Mike Slobodnik:** Head Coach, GR Catholic Central Hockey  
**Dave VanDrunnen:** Defenseman Grand Rapids Griffins for 4yrs  
**Kory Karlander:** Forward Grand Rapids Griffins, Kalamazoo Wings, 1000 + professional games

# *August 11, 12 & 13*

**6:00 to 7:30 pm - Tues. & Wed. (On-Ice)**

**6:00 to 8:30 pm - Thurs. (On & Off-Ice)**

*\*Thursday Schedule: 6:00—7:30 on ice, 7:30—8:00 Player Video;*

*8:00-8:30 parent meeting with question and answer\**

**\$200 per player**

**For players 2008 - 2005**

Register online at [www.southsidearena.com/summercamp](http://www.southsidearena.com/summercamp)

**SOUTHSIDE ★ ICE ★ ARENA**