

KC Jets/KCIC Youth Hockey Summer Clinics

TOP SPEED & TOP SHELF

2 for 1 Clinic – Our best two clinics combined in 1 week!

Clinic Highlights:

4 hours of each dedicated to improving your skating & shooting!

Power Skating -

- ❖ First five step explosiveness
- ❖ Counter balancing
- ❖ Effective tight turns
- ❖ Transitions and balance
- ❖ Puck control with speed

Shooting -

- ❖ Specific shooting and scoring drills focusing on:
 - Shooting balance & positioning
 - Hand-eye coordination
 - Screens, tip ins, deflections
 - Shooting accuracy



Lead Instructors:

Gary Emmons – Jets Head Coach
Connor Bowman – Jets Asst. Coach
Dean Nelson – KCIC/Stars Hockey Director
KC Jets Players & KCIC Staff

Dates: June 17-20, 2019

Time: 1-5:30pm (Approx.)

Cost: \$225

Age: U10, U12, U14 ('05-'10)
Will be split into 2 groups

2 hours on ice, 1 hour off ice per day

4-6 goalie spots available – free!!

Reserve spot by e-mail:
dnelson@kcicecenter.com

Limited to first 30 per group.

*****Bring shorts & tennis shoes for off-ice conditioning. Flip flops are NOT acceptable. *****

**Check out our 5 Skills Clinic
June 24-27, 2019**

2 Clinics for \$400!!

Player Name: _____ DOB: _____ Age: _____
Parent Name: _____ Phone Number: _____
E-Mail Address: _____
Hockey Level: _____

To Register: E-Mail Dean (dnelson@kcicecenter.com), mail in with check, or turn in at KCIC.