



HOWELL ICE ARENA BODY CHECKING CLINICS

Quick Facts:

- 60 minutes on Main Rink
- Birth years 2006-2003.
- Monday evenings
- \$120 if signed up for all 3 sessions / \$45 for walk ins
- Please e-mail completed application to skopinskim@yahoo.com or drop off to Howell Ice Arena
- For further questions or concerns please e-mail Mike Skopinski; skopinskim@yahoo.com

What will be covered during Clinics:

1. Techniques on how to properly separate a player from the puck
2. Importance of angling when giving a check
3. How to properly receive a check along the boards
4. Playing under pressure / escaping from pressure with puck



Name: _____

D.O.B: _____

Phone Number: _____

E-Mail: _____

Dates & Times:

3/4 @ 5:40-6:40pm

3/11 @ 5:40-6:40pm

3/18 @ 5:40-6:40pm



Method of Payment | Circle Preference

Check # _____ Cash Visa/MC/AMEX/DISC

(Make all checks payable to Howell Ice Arena)

CC# _____ Exp. Date: _____ 3 Digit SC _____