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# KC STARS SPRING CLINIC

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FOR TRAVEL, GOLD/SELECT & U8 RED PLAYERS

## Birth Years 2006-2011

**ON-ICE:** Consists of 7 sessions (70 min each)

75% Skill Based, 25% Small area games and competitions.

**OFF-ICE:** Dryland Training 30 min prior to or after on-ice.

75% Stickhandling & shooting, 25% Hockey strength and conditioning.

**SCHEDULE:** Thursdays April 2-May 14th

5:40-6:50pm 2010-2011 birth years

7:00-8:10pm 2008-2009 birth years

8:20-9:30pm 2006-2007 birth years

**PLAYER COST:** \$200

**GOALIE COST:** Free

Walk ups accepted for \$35 if space is available and with prior email.

**REGISTRATION:** To reserve a spot email Dean Nelson

[dnelson@kcicecenter.com](mailto:dnelson@kcicecenter.com) and pay at KCIC before your first session.



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KC STARS AND KC JETS COACHING STAFF  
LEAD BY DEAN NELSON AND RICK MURCEK  
ASSISTED BY KC JETS COACHES

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