

Summer 2017

Tucker Hockey

Programs that Deliver Results

**Register
Today!**

**19th
Annual**

Elite

Power Skating/Conditioning Camp

This program is for players who are serious about taking their skating to the next level

**Only 20
Spots**

A Power Skating Curriculum Consisting of:

- Extreme Forward and Backward Edge Control
- Foot Speed/Acceleration/Quickness
- Forward Striding - Technique & Speed
- Backward Striding - Technique & Speed
- Skating Agility & Mobility Drills
- Drill Progressions Without - To - With Pucks

**** Register Early - Spaces Fill Quickly! ****



Summer 2017

Rex Tucker
Head Power Skating
Instructor

5 to 1 Ratio

Group 1

Atom Div 1, 2 & 3

Peewee Div 1, 2 & 3

Tuesday, August 8th to Friday August 11th

Southland Arena

7:15 to 8:30 PM

\$279 New Participants / \$259 Past Participants

Includes G.S.T.

Testimonial

Our son did the Elite power skating for a week this summer. This is a great program! He has always hated power skating and he wasn't looking forward to the program but he really enjoyed it. The kids worked hard and had terrific instruction. He said that was the best camp he has ever been to and he learned a lot.

- Sherry and Owen Malmberg, parents of Kyle

Register and Pay online at www.tuckerhockey.com
or call **Tucker Hockey** at **403 - 998 - 5035**

S.A.M. - Stability, Agility and Mobility

Improve your quickness and speed with and without the puck!