



Power and Performance Skating for Hockey Players

Almonte Arena

[October 7/2010 to December 23/2010]

REGISTRATION INFORMATION

The Almonte Skating club will be conducting an
11 session program, starting at the Almonte Arena on
Thursday October 7, 2010.

The sessions will be run every Thursday

- 5:00 pm to 5:50 pm: Novice and Atom House and a limited number of Initiation players
- 6:00 pm to 6:50 pm: Atom Rep./Peewee/Bantam & Midget.

This program is run by Skate Canada certified Coaches and APMHA Program Assistants
It is limited to 30 players per session



What is CanPowerSkate?

CanPowerSkate is the only nationally regulated power skating program in Canada.

CanPowerSkate is an action-packed, high energy instructional power skating program geared to hockey players that focuses on balance, power, agility, speed and endurance. Skills, techniques and conditioning drills are taught in a progressive format that emphasizes how the skills apply to game situations. CanPowerSkate has a unique skill award program that provides incentives and motivation for players and is an excellent complement to Hockey practices.

Our Almonte program will also introduce our registered players to speed & power training Parachutes, speed ladder training for developing quick feet, edge control and fast power starts and other innovative training aids and games that will drive your son or daughter to perform and achieve in a fun environment.

REGISTRATION FORM follows.

For more information or to pre-register contact Corinne Lalonde:
Skate Canada CanPowerSkate certified Instructor, by e-mail at CanPower@apmha.org

How does CanPowerSkate work?

The CanPowerSkate program consists of skills divided into six levels, arranged in progressions gradually increasing in complexity. Levels 1 to 3 focus on the fundamentals of skating, Levels 4 to 6 place additional focus on the acquisition of efficient technique, speed, agility, technical aspects of stride and acceleration and skating with the puck. Skaters are evaluated on skill level and are timed as they perform a test involving skills in a course-like pattern. The skater receives a mark combining his/her skill performance plus test time. This determines whether the skater receives a Bronze, Silver or Gold award bar for that Level.

Program Cost: \$150.00 (includes a \$33.00 Skate Canada yearly membership and Insurance fee). The CanPowerSkate Program is eligible under the Child Fitness Tax Credit and a receipt will be available upon request to parents or guardians of registered players.



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REGISTRATION FORM

Name: _____

Age: _____ Date of Birth _____

Hockey Association: _____ Level : (e.g. Atom A) _____

Name of Parents/Guardians: _____

Mailing Address: _____

e-mail Address: _____

Postal Code: _____ Telephone Number: _____

Emergency Contact Name & No: _____

The applicant/registrant agrees that the Almonte Skating Club and/or their members will not be held responsible for any accidents and/or losses however caused and agrees to release the club and/or its members from all claims and/or damages which may arise as a result of, or by means of, such accidents or loss. The skating committee or professional have my permission to seek necessary hospital, medical, surgical or dental treatment and to perform First Aid in case of accident.

Signature of Parent/Guardian _____ Date: _____

For information:

Corinne Lalonde 613-323-7432 or e-mail CanPower@apmha.org

Session Duration: 11 week session starting on October 7, 2010 at the Almonte arena.

When: Thursday 5:00-5:50 Initiation/ Novice/Atom House, 6:00-6:50 Atom Rep/ Peewee/ Bantam & Midget

Instruction Fees (including taxes): \$150.00

Payment: Payment in full by cash or cheque dated no later than October 1st/10. Make cheque payable to Almonte Skating Club.

REFUND/WITHDRAWAL POLICY: An administrative fee of \$20.00 will be charged. No refunds will be made after October 14, 2010 without a medical certificate.

CANCELLATION/CHANGE OF SESSION; The Almonte Skating Club reserves the right to change, reduce or cancel sessions. The club is not responsible for sessions cancelled due to Coach's illness, inclement weather or arena equipment failure.

Please Mail Registration Form and Fees to:

**Corinne Lalonde
432 Wolf Grove RD
Almonte ON
K0A 1A0**