

# ***Ice Angels "Extra Edge Power Skating" Coming to Kent Valley Ice Centre***

Kent, WA December 5, 2007 – Kent Valley Ice Centre and Ice Angels Performing Arts Skating School have completed arrangements for Instructor Lisa Clinton to offer "Extra Edge Power Skating" for hockey skaters of all ages. Clinton presently teaches hockey skaters at Puget Sound Hockey Center. Her students say they have seen overall improvements with their skating and overall game in as little as one to two lessons. Clinton can teach both at Kent Valley Ice Center and Puget Sound Hockey Center and also indicated she was open to teaching at other rinks depending on the situation.

**Develop, Maintain and Improve Correct Hockey Skating Technique** - Clinton said; "The hockey skaters really need one on one instruction to get solid with their edges so they can increase their speed and have quick footwork. I focus on the mini version of school figures for solid "get there" edges, ankle weights training on the ice to increase speed, and ice dancing footwork for precise and quick feet, dance technique for body alignment, and basic power stroking mechanics using the hockey blade to maximize power, speed, edge control, quick start and stops."

Clinton noted that she hopes to be holding clinics in the future. Currently, she only teaches private lessons. Her rates are: \$35.00 for 30 minutes or \$17.50 for 15 minutes. Hockey player references are available on request.

Lisa Clinton substitute teaches K-12 general education and special education in the Orting School District. She is a U.S. Figure Skating Ice Dance Gold Medalist and U.S. Roller Skating School Figure Gold Medalist. Clinton holds a Bachelor of Dance Arts and Arts Management, from the University of Michigan, Ann Arbor, Michigan. She is also Skating School Director and Founder of Ice Angels Performing Arts Skating School.

Lisa Clinton can be reached via e-mail at [IceAngelsInfo@aol.com](mailto:IceAngelsInfo@aol.com) or by telephone at 253-861-8298. Readers are also encouraged to visit <http://www.theiceangels.com/>.

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