



www.familynightout.com

\$199.00 10 wks

\$25.00 drop in

6015 S. 240th St.
Kent, WA 98032
Fax- 253-852-2932

www.kentvalleyhockey.com

Thursday's Daily Schedule:

Stickhandling - 6:15/6:45pm

Pass - Shoot - 6:45/7:15pm

Skating - 7:15/7:45pm

April 17th & 24th,

**May 1st, 8th, 15th,
22nd & 29th,**

June 5th, 12th & 19th.

253-850-2400, x-10

Kent Valley Ice Centre PRESENTS

Individual Hockey Skills

Instructed by Les Grauer

Begin training NOW to prepare for next season. Get a competitive edge on the players you will be competing against. Each day you will have 90 minutes of concentrated training to improve your individual skills: stickhandling, passing/shooting and skating. Don't wait - - it may end up being too late.

Stickhandling

Handle the puck like you have never been able to before. Learn single-dekes, double-dekes, toe drags, puck flips, backhand slides, escapes, 360 Gretzky curls, moves through your skates and 180 dekes.

Passing/Shooting

Make precision 'tape to tape' passes using a variety of different types of forehand and backhand passes: saucer, ½ slap, one touch, area, and off the boards. Develop a laser shot using a variety of weapons from both your forehand and backhand: slap, snap, wrist and one timer.

Skating

The flow of play in a hockey game is dictated by foot movement - - the faster and more efficient your skating, the more you will have the puck and be able to dominate play. Develop a longer, stronger more efficient skating stride that will allow you to skate at full speed for longer shifts. Develop quickness, agility and balance for intense maneuvers during tight close-in battles.

Registration Form Information:

[Attach Receipt Here](#)

Player's Name

Address

City

State

Zip Code

Home Telephone

Primary Cell or Work Telephone (please specify)

Primary Email

I hereby agree that KVIC, it's officers, servants, agents and employees shall not be held liable for any and all injuries resulting directly/indirectly from his/her participation in ice skating, playing hockey and/or receiving instruction on the ice, or otherwise, in and about the premises. I further agree to indemnify and save KVIC, its officers, servants, agents and employees harmless from all costs and expenses that may result from any breach of this agreement.

Signature of parent/legal guardian if less than eighteen (18) yrs. of age

Date

www.kentvalleyicecentre.com

www.kentvalleyhockey.com