



[www.familynightout.com](http://www.familynightout.com)

**\$148.00** 9 wks^

**\$21.00** drop in^

^includes admission to the Stick n' Puck following the lesson, 6:30-8:00pm

6015 S. 240<sup>th</sup> St.  
Kent, WA 98032  
Fax- 253-852-2932

[www.kentvalleyhockey.com](http://www.kentvalleyhockey.com)

**Thursday's**

**5:30pm – 6:15pm**

(Stick n' Puck 6:30pm - 8:00pm)

**June 23, 30,**

**July 7, 14, 21 & 28,**

**August 4, 11 & 18.**

253-850-2400, x-10

## Kent Valley Ice Centre PRESENTS

# Individual Hockey Skills

## Power Skating

Directed by Les Grauer & Danny Lorenz

Begin training NOW to prepare for next season. Get a competitive edge on the players you will be competing against. Hockey players must be good at basic skating skills. Good skating makes better players.

Each day you will have 30 minutes of concentrated training along with 15 minutes of warm-up and cool-down to improve your skating. In addition, you get admission to the Stick n' Puck Session following the lesson. That's a total of 2.25 hours of ice time! Don't wait - - it may end up being too late.

### It Doesn't Come Overnight

There is no magic related to skating skills. Greatness comes from working hard and understanding the proper skating techniques and fundamentals. You can get better at any age or skill level. NHL and National Team players worldwide continue to get skating instruction to help them continue to improve their skating.

Learn proper stride so you can have quick acceleration, be able to stop on 1 or 2 feet, quick transitions, easier 3-turns, faster crossovers, better agility and maintain a faster pace for longer shifts. It all starts at the knees. The more you bend one knee, the more you can stretch and push off with the other one. When a skater keeps the knees bent over the toes, the center of gravity remains at the belly button which improves balance. Sometimes the improvement you make can be very subtle and may take a long time to achieve, but the improvements are worth it in the long run. When you skate better, the game is much easier to play and lot more fun.

## 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](http://www.kentvalleyicecentre.com)

[www.kentvalleyhockey.com](http://www.kentvalleyhockey.com)