

TJ POWER FIT

(September 3- October 11, 2019)

Power Skating

Sessions are designed to enhance skating power, speed and agility while performing skills used in the game of hockey. Sessions will focus on skating technique, foot speed, edge control and transitions. Skills will be geared to skater/group skill level.

Additional skills

Puck work will focus on proper skating technique and stick handling while performing drills.

Conditioning will occur in all sessions

Groups

Boys and Girls Combined

Goalies are encouraged to participate to enhance their skating skills

Groups will be divided according to skill level and hockey level. Groups will be adjusted accordingly, which may also include assessment during the first session.

Ice Sessions

Group, ice times and dates, will be provided beginning of August. Notification/ confirmation will be sent via email at that time to include your group, ice schedule and any additional information.

If you do not receive an email by August 15th, please contact Trisha Feil- Johnson

Ice sessions will take place after 4pm Monday-Friday and will include weekend ice times. Ice times/dates will vary.

Camp Fees

(Fees Include GST and Insurance)

\$195.00 Initiation-Bantam Groups

\$225.00 if received after August 1st.

***Family Rate- 3rd child, registration fee half price**

***No Refunds on registration after August 1st.
Cancellations prior to August 1st, subject to ½ the registration fee.**

***\$25.00 administration fee on NSF cheques**

Registration/Waiver Forms

(2 Separate Sheets)

Please fill out registration/waiver form correctly for each participant to include all contact information including email address.

Registration will be processed after full registration with payment is received. Spots will not be held! Please send in your completed registration to the address provided.

EARLY REGISTRATION DEADLINE

August 1, 2019

Have the Need for Speed?

Register early!

Limited number of spots available

**Get the Edge on
competition for the
NEW SEASON!**



**Additional Coaching Staff list
available on website**

Contact
TJ Power Fit
Trisha Feil- Johnson
tjpowerfit@sasktel.net
306-773-4477
www.tjpowerfit.com

TJ^{POWER}**FIT**
Presents
**Power Skating
&
Hockey Skills
Fall Camp**

September 3 - October 11, 2019
Swift Current, Sk.

Owner/Head Instructor
TRISHA FEIL-JOHNSON

*Certified Skating Instructor to Hockey
Players and Figure Skaters -22 years.

* Figure Skating- NCCP Level 3 Technical
and Theory

*Power Skating Instructor to all levels of
Hockey Players Initiation- Pro level

*Power Skating Instructor Bronco Hockey
School-16 years

*Fitness Certified- TRX®Suspension
Trainer, TRX® Rip Trainer, Beachbody
PiYo®LIVE, INSANITY®LIVE, Turbo
Kick®LIVE, P90X®LIVE, CORE DE FORCE®

*Certified Canadian Red Cross First Aid

* Swift Current Youth Safe Place Certified