

Pucks 'N Power

Is a weekly program for Novice, Atom and PeeWee players that will improve a player's skating and overall skill. The focus will be on a combination of basic stick handling, passing and shooting drills. Every session will also have emphasis on perfecting a player's skating technique.

Six sessions for \$200.00.

Sessions are at the Coca-Cola Centre in September and at the Dave Barr Arena in October.

NOVICE/ ATOM **Tuesdays**
3:45pm - 4:45pm

September 6, 13, 20, 27

October 11, 18

ATOM/ PEEWEE **Wednesdays**
3:45pm - 4:45pm

September 7, 14, 21, 28

October 12, 19

Try Out Prep

Do you need to stay in shape for an important try out? If you need extra ice time to prepare for Alberta Cup, Under 17, Jr. 'A' or WHL Spring Camp Try Outs, give us a call. Sessions consist of power skating and/or skills. '97 and up.

Four sessions for \$200.00.

Sessions are at the Dave Barr Arena.

3:45pm - 4:45pm

March 1, 6, 7, 8

March 12, 13, 14, 15

March 19, 20, 21, 22

Power Hour

Is a weekly series of jam-packed one hour sessions for all ages. The focus of these sessions is on power skating, with 10-15 minutes for drills and scrimmages.

Eight sessions for \$250.00.

Sessions are at the Dave Barr Arena.

NOVICE/ ATOM **Fall Mondays**
3:45pm - 4:45pm

October 17, 24

November 7, 14, 21, 28

December 5, 12

Winter Mondays
3:45pm - 4:45pm

January 9, 16, 23, 30

February 6, 13, 27

March 5

ATOM/ PEEWEE **Fall Tuesdays**
3:45pm - 4:45pm

October 25

November 1, 8, 15, 22, 29

December 6, 13

Winter Tuesdays
3:45pm - 4:45pm

January 10, 17, 24, 31

February 7, 14, 21, 28

COACHES

make Power Plus part
of your team's
yearly success plan!

Power Practice

Book your team/group extra ice!

Power Plus will power skate and condition your team/group. We will come right to your practice or **set up an extra practice or practices.**

\$250.00 per Session

Sessions are at the Dave Barr Arena.

FALL **Wednesdays**
3:45pm - 4:45pm

October 12, 19, 26

November 2, 9, 16, 23, 30

December 7, 14

WINTER **Wednesdays**
3:45pm - 4:45pm

January 4, 11, 18, 25

February 1, 8, 15, 22, 29

FALL **Thursdays**
3:45pm - 4:45pm

October 13, 20, 27

November 3, 10, 17, 24

December 1, 8, 15

WINTER **Thursdays**
3:45pm - 4:45pm

January 5, 12, 19, 26

February 2, 9, 16, 23

Book your team, **Power Plus**
will come right to your practice.
\$75.00/45 min. \$100.00/hr.

REGISTER ON LINE

www.powerplushockeyskating.com

Call Tina @ 780.524.8475

or Emily @ 780.933.3221

Parent/Player Consent Waiver

I hereby consent on behalf of myself/my child to participate in the Power Plus Hockey Skating Inc. fall/winter 2011-2012 Skating Camp at my/his/her risk. I further consent to Power Plus Hockey Skating Inc. using any photos taken of me/my son/daughter at camp for marketing and promotional pictures without charge.

I understand and agree that Power Plus Hockey Skating Inc., Tina Caron, any employees/representatives of Power Plus Hockey Skating Inc. or hired by it will not be held responsible for accident, injury, loss, or damage, however caused.

I hereby release the said parties from any and all claims, damages, actions, losses, and expenses which may arise as a result of the accident, injury, loss, or damage to myself/my child, notwithstanding that the said injury, loss, or damage may have been caused by or contributed to by the negligence of Power Plus Hockey Skating Inc., Tina Caron, her employees, representatives, and/or any persons hired by it. I have read and understand this waiver.

Parent/Guardian or Participant Signature

Date (Day/Month/Year)

REGISTER ONLINE AT
www.powerplushockeyskating.com