

# HOCKEY PLAYERS WANT TO PERFECT YOUR STRIDE?



## *Strength & Conditioning Class For Hockey Players*

*Skating development will assist the skater in many ways:*

- *development of stronger edges*
- *gaining speed*
- *increasing agility without losing energy*
- *learning to maneuver and react faster*
- *conditioning*

*Individual attention to correct and enhance learning to provide a strong foundation of skills that can be built upon. Stronger skating skills will help the skater to build self-esteem and confidence, two qualities essential to become a successful leader in a team setting. To take skating to its full potential.*

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