

SUMMER 2024

FEMALE - AAA/PREP/U15 FORWARD SKILLS

Program details:

- 1x/week (Mondays)
- 4 ice sessions
- 1 hour ice sessions
- Maximum 16 players, 4:1 player to coach ratio
- Head instructor: Jenelle Kohanchuk

On-ice focus:

This is a competitive and elite 4 session program, designed for players who are wanting to take their game to the next level. This program will include various skills utilized in the modern game, referring to game video from both the PWHL and NHL. All ice sessions are focused on forward skills including breakout skills and options, face-offs (both centre and wing responsibilities), face-offs skills and what to look for in the opponent, zone entries, shooting (through traffic, one-timers, different options, what to look for in a goalie), puck protection, dekes and breakaways, etc.

On-ice Schedule:

Mon July 8, 910-1010am
Mon July 15, 910-1010am
Mon July 22, 910-1010am
Mon July 29, 910-1010am

Location:

Jonathan Toews Sportsplex (Dakota Arena)
1188 Dakota St, Winnipeg MB

Cost:

\$200.00. Price includes GST.

*JK Hockey jersey, forward skills package, individualized player evaluations, and a complimentary track/dryland session is included in the cost.

Complimentary Track session:

Location/Date/Time TBD

How to register:

Email Jenelle at jkhockeywpg@gmail.com

Please include:

- Subject line: AAA/Prep/U15 Forward skills registration
- Athlete name, DOB, 2023/24 winter team, position, adult jersey size (S, M, L, XL)

Once registration email is sent, FULL payment is to be e-transferred to jkhockeywpg@gmail.com

Spot is not guaranteed until full payment is received

You will receive a confirmation email along with a medical info form once registration email is received.

Please note there will be no refunds past June 1st, unless injury or illness prevents a player from participating; a note from a Physician may be requested.

****No discounts or credits****