SUMMER 2024
FEMALE ELITE POWER SKATING
2010, 2011, 2012 age groups

Program details:
- 1x/week in July (Tuesdays)
- 4 ice sessions, 1 hour in duration
- Maximum 20 players: 12 Forwards and 8 Defence
- Age groups: 2010-2012
- 5:1 Coach to player ratio
- Head instructor: Jenelle Kohanchuk

On-ice focus:
This is a program designed for elite level hockey players with a solid foundation of skating. This program will entail edgework, agility, speed, power, and will include forward and defence specific skating and evasive maneuvers. Players will learn evasive maneuvers without the puck first, gain confidence, then perform that skill with the puck. Learning how to position feet and body while protecting the puck in open ice as well as tight spaces, using agility and quickness to get out of small areas, forward/defence specific deception skating skills, defence skills such as evasive maneuvers along the offensive blue line, transition skating, backwards speed and agility, as well as forward skating that includes crossover/lateral speed, straightaway speed, and offensive zone deception.
Each session will include 30 minutes of full group skating skills, followed by 30 minutes of Forward/Defence split groups to work on position specific skating.

On-ice Schedule:
Tues   July 2, 350-450pm
Tues July 9, 350-450pm
Tues   July 16, 350-450pm
Tues   July 23, 350-450pm

Location:
Canlan Sports
1871 Ellice Ave, Winnipeg MB

Cost:
$150.00. Price includes GST.

How to register:
Email Jenelle at **jkhockeywpg@gmail.com**
Please include:
- Subject line: Power Skating
- Athlete name, DOB, 2022/23 Winter team, Position (F/D)

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 receipt of payment.

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