

## **OPTIMAL PRE-TRY OUT BODY CONTACT CLINIC – '99 BIRTHDATES**

PRICE: \$50.00

**2 Hours of specific on-ice instruction designed to prepare your son or daughter with the skills necessary for body contact.**

-THE CLASS IS OPEN TO HOCKEY PLAYERS

-THE CLASS WILL GO OVER THE PROPER TECHNIQUES OF BODY CONTACT

-PARTICIPANTS WILL LEARN HOW TO GIVE DIFFERENT BODY CHECKS, AND BE EQUIPPED WITH THE KNOW HOW TO RECEIVE CONTACT WITHOUT PUTTING THEMSELVES IN VULNERABLE POSITIONS

-FREE JERSEY WITH REGISTRATION

- HEAD INSTRUCTOR: ANTHONY KNAPP

### **Sessions:**

**1. Saturday, September 11<sup>th</sup> @ 1:50pm**

**2. Sunday, September 12<sup>th</sup> @ 12:40pm**