



# VMHA 2010 Skill Development Clinics

## VMHA Summer Skate Treadmill and Shooting Clinics

### Clinic Details

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**Cost:** \$100 (price includes HST)

**Location:** Pacific Coast Extreme Hockey Training: 7779 Edmonds Street, Burnaby, BC

**Clinic 2:** Thursday Nights 5:00pm to 6:30pm June 24 – August 26 (10 weeks)

**Clinic 1:** **FULL** - Tuesday Nights 6:30pm to 8:00pm June 22 – August 24 (10 weeks) - **FULL**

**Information:** Vancouver Minor has teamed up with Pacific Coast Extreme Hockey Training to offer its members skate treadmill, shooting, passing and stick handling training at a very affordable price. Each training session is 90 minutes. Players will work in groups of four and rotate through two synthetic ice hockey boxes and a skate treadmill for 30 minutes each. Each group of four will work with an Extreme Training Hockey Instructor at each station. Pacific Coast Extreme Hockey Training have worked with players as young as 6 years old to players playing Junior hockey and have the expertise to improve your child. For more information about the program and Instructors visit their web-site at [www.extreme-hockey.ca](http://www.extreme-hockey.ca).

**Clinic Focus:** Perfect your stride mechanics, increase your speed and skating power, build on ice endurance, improve shooting technique and accuracy, and develop softer and faster hands.

**Format:** 30 min Skate treadmill, 30 min Shooting box, 30 min Stick handling box

**Instructors:** Pacific Coast Extreme Hockey Training

**Goal:** To have high quality instruction with emphasis on learning new skills and having fun while keeping the costs affordable for our members.

**Note:** These clinics are open to all players in our association and players will be grouped by age and level of play. Players can register in one or both clinics. Registration is on a first come first serve basis and if interest is strong another clinic will be added. **Minimum age 7 years old.**

### How to Register:

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On Line: (with Credit Card or Cheque) at: [http://vmha.techsys.tv/wvcontent/event\\_reg\\_page.asp?appid=vmha](http://vmha.techsys.tv/wvcontent/event_reg_page.asp?appid=vmha)