



The Ultimate Checking Clinic

Angling, Steering, Driving, Closing the Gap
Front Check, Side Check, Hip Check
Pinning, Rubbing, Receiving
Stick Checks- Poke, Sweep, Lift, Pry

Learn the basics of giving and receiving checks!
Set yourself up to succeed!!

Monday, June 2nd & Monday June 9th

Check-In 5:45pm

Off-Ice 6:05pm-6:45pm (Full Gear, Shoes)

On-Ice 7:00pm-8:30pm

Cost: \$25 per session

Ages(DOB): 1998-1992

Sign-up at the door

Questions, e-mail Coach Cahn at coachcahn@yahoo.com