



High Level Development

Tuesdays & Thursdays

7:45pm – 8:45pm

U15 – U21

Set 1: July 13 – August 5

8 Classes \$457.12 + GST #323

Set 2: August 10 – August 26

6 Classes \$342.84 + GST #324

This is a high paced class designed for competitive, high-level players.

During this program, the Elite Coaches will be combining Elite's Edge, Power & Stride with key aspects of the Specialized Hockey Development program. The concentration will be on core skating fundamentals and applying them to game-like situations. This class will strengthen all skills with quality and efficiency. The coaches will be combining proper skating technique with a variety of skills to help the player have the most success in a game. **As coaches our philosophy is this; we want to push skaters to be the best possible hockey players they can be and to encourage growth in their love of the game.** These sessions will maintain a high pace – taking advantage of every second we have on the ice. Elite coaches provide meticulous attention to detail, constant feedback & correction and continually look to improve each individual athlete. **Our mission is to develop and improve each player to have them best prepared to excel in-game.**

The program is a perfect way to prepare skaters prior to entering their pre-season camps.

To Register: Email eliteskating@sportsplexbc.com | Or Visit www.eliteskating.ca

Private and Semi-Private Lessons, Power Skating Classes and Team Training

Associated 3-digit barcodes can be referenced to register

