



# Power Skating Clinic

60 Minute Session

This Power Skating Clinic will introduce skaters to technical skating tactics which can be used to improve:

- Edge awareness and utilization
- Forward and backward stride
- Forwards and backwards acceleration
- Crossover ability, speed, and power
- Change of direction ability

*\*Participants must wear full equipment and bring sticks\**

**U10/U12 Session: Oct. 13**

**U14/U16/U19 Session: Nov. 10**

**@5:15-6:15pm (Niverville Community  
Resource Centre**

**Registration fee = \$15**

**Register at <https://www.redriverrageringette.ca/>**