

Winnetka Spring Instructional 2010

A Fun & Convenient way to enjoy spring hockey and improve your skills!

- 14 sessions, April 5rd – May 23rd
- Professional instruction led Winnetka Hockey Club Director DJ LaVarre and Al Pecka, with help from 2 other professional instructors
- Consistent ice times: Either Mondays or Wednesdays at 5:25, and Sundays 11:15 & 12:15
- Low fee of \$295 (includes jersey)
- Ages 6-9
- Great for Minor Mite & Mite house leaguers and those looking to advance from the skating lessons program

We are proud to again offer our Spring Instructional hockey program for ages 6-9. The goal of the program will be to provide an enjoyable experience, offering participants both instruction and game time. Each one hour session will consist of 30 minutes of skill development led by DJ LaVarre and Al Pecka with a focus on skating, shooting and puck handling. DJ and the instructors will draw on the American Development Model (ADM) which was recently introduced by USA Hockey after an extensive international study. The goal of the ADM is to provide a systematic building block approach to developing youth hockey skills. Following the skills work, the instructors will run non-stop, 30 minute 3 on 3, or 4 on 4 cross-ice games. This is a great way to continue skating and developing your skills while having fun in a low key environment.

Registration will be on a first come, first serve basis until the program is filled. The program has been full for the last few years. So to ensure a place, please register early (there will be no refunds after March 1st). The schedule and rosters will be posted on the club web site (www.winnetkahockey.com) by March 26th.

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