



ROCKY RIVER
POWER SKATING CLASSES
COACHED BY BRENT FIGUEIRA SR.

Mite Power Skating Classes (AGES 7-8-9)

Tuesdays 6:55pm – 7:25pm

Starting – September 19, 2017 (Session One)

November 7, 2017 Omit 11/21/17 (Session Two)

January 2, 2018 (Session Three)

6 - 30 Minute classes with 6-open skate passes

Limited to 24 per Class

Learn proper skating technique to become a faster and more efficient hockey player.

Register online or at the cashier booth.

Residents \$52.00 (6-Weeks)

Non Residents \$64.00 (6-Weeks)

Junior Power Skating Classes (AGES 10 and up)

Tuesdays 7:25pm – 8:05pm

Starting – September 19, 2017 (Session One)

November 7, 2017 Omit 11/21/17 (Session Two)

January 2, 2018 (Session Three)

6 - 40 Minute classes with 6-open skate passes

Limited to 24 per Class

Learn proper skating technique to become a faster and more efficient hockey player.

Register online or at the cashier booth.

Residents \$58.00 (6-Weeks)

Non Residents \$70.00 (6-Weeks)

(See below for Syllabus)

FIGS POWER HOCKEY Power Skating (Six week program)

- Week 1-** Laser Focus on: -Proper platform for POWER SKATING
-Full Extension & Proper Recovery
-Inside & Outside Edges
-"C" cuts
- Week 2-** Laser Focus on: -Review week 1
-Transition left to right edges (weight shifts / balance)
-Power Turns left & right
-Cross unders (Form/balance/power)
- Week 3-** Laser Focus on: -Review week 2
-Cross unders to gain speed & advantage
-Cross unders / Changing direction
-"FULL SPEED" in 3 strides
- Week 4-** Laser Focus on: -Review week 3
-Explosive starts (Straight ahead & 90 degrees)
-Transition to Full stride
-Start / Stop / Direction changes
- Week 5-** Laser Focus on: -Review week 4
-Backward "7" cuts
-Backward Explosive starts
-Backward Cross unders
-Forward to Backward Transitions
- Week 6-** Laser Focus on: -Review Week 5
-Forward to Backward transition "Or not"
-Use opponent to explode through a check
-Skating through "THE JUNGLE"