



Seven 1 ½ hour sessions at Windom Arena, MN Cost: \$115

October 23, 30 November 6, 13, 20 December 4, 11

Mini Mites, Mites + 1<sup>st</sup> year Squirts skate 1:30-3:00 pm

2<sup>nd</sup> year Squirts + up skate 3:15-4:45 pm

This is an excellent opportunity for players to dramatically improve their skills while participating in well-designed, high tempo practice sessions with an emphasis on fun. Each participant will receive a jersey.

We will focus on the following skills:

- Skating fundamentals (power skating, edges, crossovers, backwards)
- Stickhandling (stations, cone drills, traffic, dekes)
- Shooting (wrist, snap, backhand, slap)
- Passing (forehand, backhand, saucer, flip)
- Games (obstacle course, pom pom poloway, clean backyard, shootouts)
- Systems (positions, breakouts, forecheck, faceoffs, defensive zone)
- Rules: offsidess, icing, penalties



Mail completed registration form and checks payable to  
Brett Hetland 1322 Pine Circle Drive, Spirit Lake, IA 51360

Registrations will be accepted until October 21st

For more information contact Coach Brett at 336-9194 or email [brett@brooksgolfclub.com](mailto:brett@brooksgolfclub.com)

*If fewer than 10 players are registered in a level, we reserve the right to cancel and place you in a different level, or refund your fee.*

Player's Name \_\_\_\_\_ M F Date of Birth \_\_\_\_\_

Parent's Names \_\_\_\_\_ Player's Address \_\_\_\_\_

Home Phone \_\_\_\_\_ Emergency Contact/Phone \_\_\_\_\_ Email \_\_\_\_\_

Jersey Size YS YM YL AS AM AL