

Members and parents or legal guardians of members agree to hold the NSSA Inc, its executors, and board members, the coaches, and the City of Stratford free and blameless from any damage, accident or injury which may occur to the member during power skating lessons.

Signature: _____

Date: _____

Please complete both sides of this form and send this Application Form and

Cheque to :
NSSA Inc.
102 Well St.,
Stratford, ON.
N5A 4M1

DEADLINE: Forms must be
RECEIVED BY:
June. 1st, 2021

Registrations are accepted on a first come first served basis.

Late entries will be accepted if numbers permit and are subject to a \$30.00 Late Fee.

ISPSS is affiliated with NSSA Inc.

The NSSA reserves the right to correct any errors or omissions in the brochure. We have the right to change or cancel any program for which there is insufficient registration. In the event of change or cancellation, registrants will be offered a full refund (or pro rated, as appropriate).

2021 ISPSS Summer Power Camp

Mondays,
July 5, 12, 19, 26, Aug. 9, 16, 2021

**All sessions run at Stratford Rotary
Complex, Rink B.**

*No Refunds will be issued after
registration without a medical note.*

*Please note, for all Covid illnesses or
facility shutdowns due to Covid, refunds
or credits will be made available minus
the admin. fee, insurance fee and any
fees used on days that have run.*

Summer Camp Cost

\$155 (+ \$44 insurance if applicable)
*(Insurance fee only to be paid once Sept. 1-
Aug. 31)*

All prices include HST.
HST # 80388 2174 RT001

Opportunities for team instruction and
private instruction will exist. Please contact
us to make arrangements.

Further Information:

Please contact Kevin Winter @
519-275-2379, or
kevint@netscape.net



Summer Power Skating Camp 2021

July 5 – Aug. 16, 2021

**Novice/Atom
4:00-4:50pm**

**PeeWee and Higher
5:15-6:05pm**

Stratford Rotary Complex, Rink B
Affiliated with NSSA Inc.

Why Power Skating?

Power skating is a program that is designed to improve and master skating techniques for both hockey and ringette players. Power Skating provides skaters with a session to focus on their skating abilities, which can then be transferred to hockey practices and games. It takes time, practice and dedication to become an excellent skater. Power skating is not only for straight line acceleration but for all skating skill areas: backward skating, tight glide turns, forward/backward crossovers, etc.

Our Program

Our program is the only Nationally Recognized Power Skating program in the country. This program is taught in skating centres from coast to coast.

Summer Power Program

This program is geared to skaters who already have basic forward skating skills. It is designed to teach players the skating fundamentals needed to improve speed, quickness, and overall skating agility.

We teach fundamental techniques correctly from the start. This means that we develop our skills slowly at first and then increase speed as the skill is mastered.

Our program focuses on:

- Proper stride techniques forward and backward
- Lengthening your stride
- Edge control, stopping
- Explosive skating moves, high velocity turns and pivots

- Explosive acceleration, stride efficiency, agility/foot speed, quickness
- Power and speed, dynamic balance, speed with the puck
- Explosive skating moves, high velocity turns and pivots
- Forward and backward crossovers
- Quick feet crossovers
- Forward and backward laterals
- All of the above is done with and without the puck

Equipment Required: *All participants must wear full hockey equipment. Hockey stick is required.*

THE ISPSS INSTRUCTOR

Kevin Winter

Kevin has been teaching power skating for the last eleven years. Along with ISPSS he also runs the "New Hamburg Power" school. He has worked with the Seaforth Minor Hockey Association, Wilmot Wolverines Girls Hockey Association, AAA Huron/Perth Lakers teams and Jr. B players.

Ice Stage Power Skating School-- Summer

Skater's Name: _____

Parent's Name: _____

Address: _____

Postal Code: _____

E-Mail: _____

Phone #: _____

Emergency Contact: _____

Sex: M or F

Birth Date: Day: ____ Month: ____
Year: _____

Check session

Novice/Atom _____ **\$155.00**

PeeWee and Highter _____ **\$155.00**

Please add \$44 Ins if haven't been with ISPSS program since Sept 1, 2020.

Cheque payable to NSSA Inc

Closing Date: June. 1st, 2021