

Members and parents or legal guardians of members agree to hold the NSSA Inc, its executors, and board members, the coaches, and the Township of East Zorra 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, Ont.**  
**N5A 4M1**

**DEADLINE:** Forms must be  
**RECEIVED BY:**

**Fall—September 15, 2022**

**Winter —December 5, 2022**

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.

All programs are subject to enrolment and may be changed or cancelled if numbers warrant.

## THE 2022/23 ISPSS PROGRAM

### Fall Program (10 Sessions)

Fri. mornings Oct. 7<sup>th</sup>-Dec. 9<sup>th</sup>, 2022

All Levels 7:00 – 7:50 am

### Winter Program (10 Sessions)

Fri. mornings Jan. 13<sup>th</sup>-Mar. 17<sup>th</sup>, 2023

All Levels 7:00 – 7:50 am

### Program Cost

Fall/Winter Programs-\$200 *each session* + \$44 insurance if applicable

***(Insurance fee only to be paid once Sept. 1-Aug. 31)***

All prices include HST.

HST # 80388 2174 RT001

**All sessions run at EZCC Arena.**

*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 and any fees used on days that have run.*

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

For further info please  
contact: [kevint@netscape.net](mailto:kevint@netscape.net)  
or Kevin Winter 519-275-2379

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).



## Embryo

## Fall and Winter Power Skating Camps 2022-2023

### *Fall Session*

Oct. 7<sup>th</sup> - Dec. 9<sup>th</sup>, 2022

### *Winter Session*

Jan. 13<sup>th</sup> - Mar. 17<sup>th</sup>, 2023

**EZCC Arena**

Affiliated with NSSA Inc.

Welcome to the Ice Stage Power Skating School. ISPSS offers power skating instruction to hockey and ringette skaters in Stratford and area. This program will be taught by certified instructors.

## 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. Skating is the most fundamental skill required to play hockey or ringette. Many times skating is the skill that is practiced the least amongst young athletes. Stick handling, shooting, checking and even goaltending, while all difficult skills have one thing in common – **SKATING!**

Being able to skate with proper technique, balance and agility will increase the athlete's confidence. ISPSS is conducted throughout the player's season so they can make full use of the skills they are taught.

Sessions consist of a warm-up, full ice technical drills, balance/agility drills and reinforcement of skills using pucks/rings.

## EQUIPMENT

Full hockey/ringette equipment must be worn. Each skater **MUST** wear a **CSA approved helmet, mask and neck protector**. A hockey or ringette stick is required. Due to the nature of the game, physical contact may be part of the teaching process.

## THE ISPSS INSTRUCTOR

### Kevin Winter

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

*Ice Stage Power Skating School has been operating in Stratford for over 15 years. We are now looking forward to returning to Embro and providing our same quality instruction to your community.*

For more information please check out our website or call.

**519-275-2379**

[www.ispss.ca](http://www.ispss.ca)

# Ice Stage Power Skating School--Embro

Skater's Name: \_\_\_\_\_

Skater's level: \_\_\_\_\_

Parent's  
Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Postal Code: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Phone #: \_\_\_\_\_

Emergency Contact:  
\_\_\_\_\_

Sex: M or F

Birth Date: Day: \_\_\_\_ Month: \_\_\_\_  
Year: \_\_\_\_\_

**Check session(s)**

**Fall Session**

\_\_\_\_\_ **\$200.00**

**Winter Session**

\_\_\_\_\_ **\$200.00**

**Please add \$44.00 Ins fee to  
first program only**

Cheque payable to NSSA Inc