

Members and parents or legal guardians of members agree to hold the NSSA Inc, its executors, the coaches, and the Town of Goderich 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

Or you can register online at:  
[www.ispss.ca](http://www.ispss.ca)

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

**Spring Camp--April 1st, 2024**

**Summer Camp—July 15<sup>th</sup>, 2024**

Registrations are accepted on a first come first served basis.

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).

## 2024 ISPSS Summer Power Camp

Spring--Wednesdays

**April 17 - May 29, 2024**

Power 1—5:00-5:50pm

Power 2—6:00-6:50pm

Spring Camp Cost

\$196 + \$59 insurance=\$255

**Summer Week Camp—**

**Aug. 12-16, 2024**

Power 1—9:00-9:50am

Power 2—10:00-10:50am

Summer Camp Cost

\$140 + \$59 insurance=\$199

**All sessions run at Goderich Sifto Arena**

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  
[kevwint@netscape.net](mailto:kevwint@netscape.net)



## Goderich **Spring + Summer Power Skating Camps 2024**

Spring-- April 17 – May 29,  
2024

Power 1—5:00-5:50pm

Power 2—6:00-6:50pm

Summer Week Camp:  
August 12-16, 2024

Power 1—9:00-9:50am

Power 2—10:00-10:50am

**Goderich Sifto Arena**  
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.

## Power 1

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.

### *Power 1 focuses on:*

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

-All of the above is done without the puck

## Power 2

This program is geared to skaters with advanced skating skills. This program is designed to further a players' skating fundamentals. It will continue to improve speed, quickness, and overall skating agility. **This will be a high tempo session.**

### *Power 2 will focus on:*

- Continued forward and backward stride technique
- 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 eighteen years. He currently runs Ice Stage Power Skating 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--Goderich

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

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

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

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

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

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

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

Gender: M or F or Other

Birth Date: DD: \_\_\_ MM: \_\_\_ YY: \_\_\_

### Check session

*Spring Wednesdays—Pwr 1 \_\_\_ \$255*

*Pwr 2 \_\_\_ \$255*

*Summer Week —Pwr 1 \_\_\_ \$199*

*Pwr 2 \_\_\_ \$199*

***Please subtract \$59.00 Ins if skater has done an ISPSS program since Sept 1, 2023. Ins good until Aug. 31, 2024 HST included in all fees.***

Cheque payable to NSSA Inc

**Closing Date: Spring April 1, 2024**

**:Summer July 15, 2024**