

# THE 2024/25 ISPSS PROGRAM

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, Ont.  
N5A 4M1**

Registration can be done online through:

<https://nssa.uplifterinc.com/>

**DEADLINE:** Forms must be  
**RECEIVED BY:**  
**February 20<sup>th</sup>, 2025**

Registrations are accepted on a first come first served basis.

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

## 2025 March Break Program

March 10-14, 2025

Power 1	9:00-9:50am
Power 2	10:00-10:50am

### Program Cost

March Break Programs-\$150 *each session* + \$62 insurance if applicable (\$212 total)  
*(Insurance fee only to be paid once Sept. 1-Aug. 31)*

All prices include HST.

HST # 80388 2174 RT001

NSF chqs will be subject to a \$35 processing fee.

**All March Break sessions run at  
Rotary Complex**

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

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

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).



## March Break 2025 Power Camp Stratford

March 10<sup>th</sup>-14<sup>th</sup>, 2025

**Power 1**  
9:00-9:50am

**Power 2**  
10:00-10:50am

**Rotary Complex**

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, practise 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.

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 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.

ISPSS space is limited, please register early to ensure your spot. For further info please contact Kevin Winter at:

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

519-275-2379

www.ispss.ca

# Ice Stage Power Skating School--Stratford

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***  
***March Break Power 1- \$212*** \_\_\_\_\_

***March Break Power 2- \$212*** \_\_\_\_\_

***Please subtract \$62 Ins if skater has done an ISPSS Program since Sept. 1, 2024.***

Cheque payable to NSSA Inc

**Closing Date: Feb. 20, 2025**