

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-Tavistock 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

Online Registration available through:  
[ispss.ca](http://ispss.ca)

**DEADLINE:** Forms must be  
**RECEIVED BY:**  
**March 25<sup>th</sup>, 2025**

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).

## 2025 ISPSS Spring Power Camp

April 6, 19, 26, 27, May 3, 10

Power 1—1:00-1:50pm  
Power 2—2:00-2:50pm

All sessions run at Tavistock  
Arena.

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

### Spring Camp Cost

\$168 (+ \$62 insurance if applicable)=\$230

*(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](mailto:kevint@netscape.net)

### Equipment Required:

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



## ISPSS Spring Power Skating Camp Tavistock 2025

April 6-May 10, 2025

**Power 1**  
**1:00-1:50pm**

**Power 2**  
**2:00-2:50pm**

## 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

## THE ISPSS INSTRUCTORS

### **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— Spring Tavistock

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*

*Spring Power 1* \_\_\_\_\_ \$230.00

*Spring Power 2* \_\_\_\_\_ \$230.00

*Please subtract \$62.00 Ins if haven't done ISPSS program since Sept 1, 2024.*

Cheque payable to NSSA Inc

**Closing Date: March 25<sup>th</sup>, 2025**