Members and parents or legal guardians of members agree to hold the NSSA Inc, its executors, and board members, the coaches, and the Town of St. Marys 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 10, 2026
Winter —December 15, 2026
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.

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

THE 2026/27 ISPSS PROGRAM

Fall-Fridays
Sept. 25 - Dec. 11, 2026 (12 sessions)
Power 1 – 4:00-4:45pm
Power 2 – 4:45-5:30pm
Cost-$335

Winter-Fridays
Jan. 8 - Mar. 19, 2027 (12 sessions)
Power 1 – 4:00-4:45pm
Power 2 – 4:45-5:30pm
Cost-$267 (+ $68 Ins if applicable)=$335.00
Notes: no skating Jan. 15th, make up on Monday Jan 18th
: no skating on Feb. 5th, make up on Monday Feb 8th
(Insurance fee only to be paid once Sept. 1-Aug. 31)
All prices include HST.
HST # 80388 2174 RT001

Register by mailing this brochure to the address on the back, or registration can be done online at:
https://nssa.uplifterinc.com/

No Refunds will be issued after registration without a medical note.
ISPSS space is limited. Please register early to ensure your spot.

For further info please contact:
kevwint@netscape.net.
519-275-2379,
www.ispss.ca

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).

ICE STAGE
POWER SKATING SCHOOL
ISPSS

Fall and Winter St. Marys *Power Skating Camps* 2026-2027

Fall - Fridays

Power 1 - 4:00-4:45pm
Power 2 – 4:45-5:30pm
Sept. 25 - Dec. 11 (12 wks)

Winter - Fridays

Power 1 - 4:00-4:45pm
Power 2 – 4:45-5:30pm
Jan. 8 - Mar. 19 (12 wks)

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

Full hockey/ringette equipment must be worn. Each skater **MUST** wear a **CSA approved helmet 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 over 19 years. In the past, he has worked with the Seaforth Minor Hockey Association, Wilmot Wolverines Girls Hockey Association, AAA Huron/Perth Lakers teams and Jr. B players, and ran New Hamburg Power for over 15 years.

Ice Stage Power Skating School—St. Marys

Skater's Name:_____

Skater's level:_____

Parent's Name:_____

Address:_____
_____

Postal Code:_____

E-Mail:_____

Phone #:_____

Emergency Contact:
_____

Gender: M or F or Other

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

Check session(s)

Fall Power 1 _____ $335.00
Power 2 _____$335.00

Winter Power 1 _____ $335.00
Power 2_____$335.00

Please subtract $68.00 Ins if skater has done an ISPSS program since Sept 1, 2026.
Cheque payable to NSSA Inc