

EXCEL HOCKEY

WITH COACH CARYN & EXPERIENCED CIH STAFF

COACH CARYN

BALANCE * POWER * ACCELERATION

Designed to help develop and improve proper skating technique from the start.

It will help skaters **EXCEL** in their forward and backward skating, stops and starts, turns, transitions, and explosive starts. Skaters will become faster, more powerful, and more explosive while increasing stability. Caryn Silver is a Professional Skaters Association (PSA) Master Rated Coach. She has her PSA Hockey 1, 2, 3, & 4 certificates and Hockey Power Skating Certificate. She is also a former USA Hockey level 1 certified coach.

CRYSTAL ICE HOUSE STAFF

SHOOTING * PASSING * STICK HANDLING

Designed to focus on individual abilities while teaching the skills & techniques needed to **EXCEL** as a hockey player. This portion concentrates on puck control including passing, receiving, and shooting. Each session is focused on soft skills including skating, passing, shooting, and stick handling.

45 MINUTE CLASSES SPLIT TO HIT EVERY FUNDAMENTAL OF HOCKEY

**POWER YOUR WAY TO THE
NEXT LEVEL!**

THIS CLASS IS FOR SKATERS IN HOCKEY 2 AND HIGHER



CRYSTAL ICE HOUSE

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