

Specialized Hockey Skills Series

Train, Have Fun, Improve!

- ★ A unique, individual-skills focused off-ice program offered only at OhioHealth Chiller North
- ★ 5:1 Player/Coach Ratio
- ★ Top Area Coaches – Directed by Darcy Cahill, James Nash
- ★ Players having fun will practice more!

Program Includes:

- ★ Skating Treadmill - A Chiller North exclusive! - Develops a proper and efficient skating stride, balance and hockey position. Eliminate bad habits!
- ★ RapidShot - A Chiller North exclusive! Develops shot release, speed and accuracy, and proper weight transfer for a powerful, accurate shot!
- ★ Stick Handling Station - Develops confident puck carrying, heads up skating, creative stick handling!



Jan. 13-Feb. 17, 2019
Sundays (6 weeks)

Lead Coach: Darcy Cahill

Ages 6-7: 11:00am-12:00pm

Ages 8-9: 10:00-11:00am

Ages 10-11: 9:00-10:00am

OhioHealth Chiller North

8144 Highfield Drive, Lewis Center, OH 43035

Cost: \$180

Equipment needed: skates, gloves, elbow pads, stick & helmet.

REGISTER ONLINE AT
WWW.THECHILLER.COM/REGISTER

For more information contact Rob Schriener (614) 791-9999 x125 or rschriener@thechiller.com