

PowerSkate and PrePower Practice Times:

Wednesdays - 6:30-7:15pm

Oct 9 - Dec 18

No Ice: Nov 13

Wednesdays - 7:15-8:00pm

Oct 9 - Dec 18

No Ice: Nov 13

Session Structure:

PowerSkate:

This program focuses on progressing through the fundamentals of Balance, Control, and Agility in increasing difficulty through the 10-week span. Each fundamental area is worked on every week.

PrePOWER:

Athletes learn the fundamentals of the skills above, while learning to hold their stick. A combination of circuits, stations, games and individual skill lessons are conducted by Coach Heidi.

POWERSKATE

+ PREPOWER

Important Dates:

Sept 18	Annual General Meeting
March 16	LSC Carnival

Equipment Requirements:

- CSA-certified helmet
- Well-fitted tie-up hockey skates
- Full hockey/ringette equipment
- Spout style Water bottle

Coaching Team:

PowerSkate is coached by NCCP certified coaches Heidi and Nancy.

Coach Nancy is your PowerSkate Director, please address her in emails to coach@leducskating.com with power-related questions!

Questions?

Email

coach@leducskating.com
for more information