

Peak Performance Power Skating Clinic

Putting the P into Power!

Our Instructors have over 40yrs coaching experience. We emphasize and teach skills which will enhance a skaters alignment and balance ensuring a more powerful stride.

Peak Performance Coaches have a diverse athletic background encompassing: Bachelor of Science, Physical Education, Athletic Therapy, a Sho-Tai Technologist and NCCP certifications.

Our off ice is new this year & our goal is to develop our young athletes by providing new techniques to develop balance and speed.

*Join us with our certified coaches and get the **head start** this season!*

Focus: Fwd/Bwd Skating
Fwd/Bwd Crossovers
Balance & Agility
Stopping

*25 skaters maximum per age group.
We strive for 8:1 ratio.*

*Register now before its too late!
Spots are reserved for paid skaters only.*

On Ice Presented by Jo-Anne Douthwaite (McAvena)

NCCP-Level 3 Trained Figure Skating - Singles

Skate Canada Can Power Certification

8 years of Power skating experience ,12 Years Skate Canada Figure Skating Instructor

Off ice training presented by Cary Grant

Bkin (Exer. Phys) – U of C, Athletic Therapy Diploma - MRC

Former Strength & Conditioning Coach, Head Trainer Prince Albert Raiders (W.H.L.)

Head Trainer, Strength & Conditioning Coach, Nutritionist, Director of Trainer's Program – Canada Inline.

Ages: 5-12 years with previous skating required

When: August 23-27th, 2010

Time:	On Ice	Off Ice
5-7 years	4:30-5:15pm	5:30-6:00pm
8-10 years *	5:15-6:00pm	6:15-6:45pm
11-12 years	6:15-7:00pm	7:15-7:45pm
Adults	7:00-7:45pm	n/a

* If your child is 8 by December 31, 2010 they can register for the 8-10 year old group

Where: Rob Ebbesen Arena, Airdrie Alberta

**Cost: \$145 for on ice and off ice
\$130 for adults only (ice only)**

***To register: Contact Jo-Anne at (403) 831-6939 or
email: powersk8@shaw.ca***