

Women's Skills & Scrimmage Group



21 weeks starting **September 12th**!

- Monday's at 7, 8 or 9:15/30 PM start time
- Nagawaukee or Eble Ice Arena
- \$200/skater, \$100/goalie
- Can't make all the dates? Split your spot with a friend.
- Limited to 26 skaters plus goalies.

All skating levels welcome!

Need extra ice time? Always wanted to learn to play? This is your chance!

Format:

- 20 minutes of three-zone training
 - Cone Zone: edge work, quick feet, transitions, backwards
 - Shooting and Passing
 - Free Zone: you pick your skill
- 40 minutes of scrimmage
- Advice from guest coaches
- Fun!

Send your \$200 check, email address and phone# to:

Kathleen McKnight
1189 Riverwalk Court
Pewaukee, WI 53072

Want to sub? Cost is \$15/session. Send an email to Amy Pasley apasley44@hotmail.com to get on the sub list. Subs will use Google docs to sign up for open spots.

Shooting & Passing Zone
2-3 drills per week

Cone Zone
Repetitive and progressive skating techniques

Free Zone
Open skating, stickhandling, shooting

