

POINT EDWARD SKATING CLUB

is offering

TODD BIDNER'S SKILL SHOTS CLINICS



2017/2018 – Point Edward Arena

Tuesdays 4:30pm-5:30pm - \$200/session or \$375 for both sessions/player
(plus Skate Canada annual fee of \$38 includes insurance)

Session 1: October 17, 2017 – December 19

Session 2: January 9, 2018 – March 20 (no clinic March 13)

****Registration at Point Edward Arena, Saturday, Oct. 7 and 14 from 11am-1pm****

- Ages novice to bantam
- Sanctioned by Skate Canada
- Full hockey equipment (incl. mouthguard)
- Mechanics of stride and edge work
- Backward skating and edgework
- Acceleration & recovery of stride
- Increasing overall speed & quickness
- Lengthening & power stride strength
- Agility and turning
- Puck skills integrated with power skating

Todd Bidner's Bio

BSc(Hons) Sport Science/20years pro

- National hockey League (NHL)
- American hockey league (AHL)
- British Hockey League & European leagues
- Detroit Red Wings Alumni
- 27 years hockey school instructor
- Head Coach Lambton Shores Predators
- Asst. Coach OHL (London Knights 2006-07)
- Head Coach, SPHL (Fayetteville 2012)
- Head Coach Senior A Petrolia Squires (2011, 2012)

Registration forms at the rink

Email: Helen Dang hdang@cogeco.ca

Call: 226-778-5250