



Development Clinics 2018



SEPTEMBER

26

OCTOBER

2, 10, 17, 24

NOVEMBER

7, 14, 21, 28

DECEMBER

5, 12, 19

SPEED Clinic

When: Wednesdays, 5:00 pm – 6:00 pm

Where: Westwood Arena

Stride,

Power,

Explosiveness,

Equilibrium, and

Development

IMPORTANT DETAILS

- COST:** \$125 for 12 Sessions (card) or \$15.00 for a single session (drop-in)
\$125 for team reservation*
Payment can be made in cash or cheques payable to: "Hockey West Island"
- ACCESS:** Card can be used at either of the S.P.E.E.D. and/or TOTAL HOCKEY clinics
- REGISTRATION:** No advance registration required.
- HOCKEY LEVEL:** Novice – Atom

*To make a team reservation or for more information contact: Patrick Niiya (pat_niiya@hotmail.com)