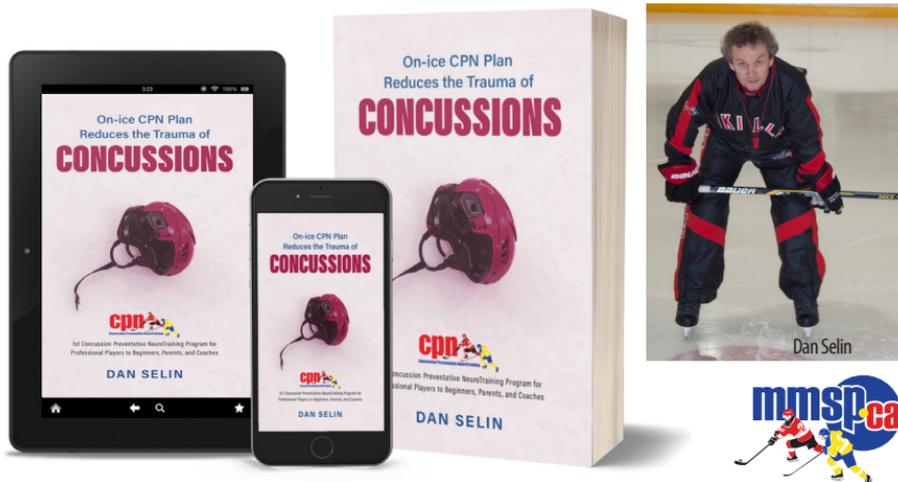


When it comes to training to be a more-skilled and safer hockey player, Dan wrote the book.



Dan Selin's new book **On-ice CPN Plan Reduces the Trauma of Concussions** is available in print or on your device. You can purchase your copy through Dan's web site: www.hockeycpn.com

Dan Selin, the area's most senior skills instructor has created the **ONLY Hockey Skill Development Plan based on science**. Dan teaches players the life-long skills of mastering the game of hockey through his new book—one totally based on scientific principles. He has consulted with professionals who stand by his teaching methods, supported in the fields of neuroscience, physiology, psychology, kinesiology, and biology—all required for the body's muscular and skeletal movements to train skating, stickhandling, shooting, passing, and head-positioning skills.

Just as other individuals have to constantly train to remain at the top in their sport (figure skaters,

gymnasts, golfers, ball players, etc), a hockey player's brain and body need to be constantly and consistently trained to develop muscle-memory behaviour patterns—automatic movements used while training and playing to master the one-on-one, one-on-two, and one-on-three battles. In his book Dan introduces a new hockey skill to keep a player's head up—the key to playing safe and reducing concussions.

Although players have already been introduced to many of these skills as they progress through the hockey system, players need to repeat, re-visit, and put these skills to work on the ice in order to become more-skilled and safe

players. The key to a career in hockey or to enjoying and playing the game as long as you can is to be able to play safe. Once you are injured you are no longer of value to your team.

Dan's techniques are designed to deliver skill and safety to each player. He trains totally-skilled players who can contribute to team play as a forward or as a defencemen—as today's fast-paced game dictates.

Sign up for the following sessions with Dan Selin now and get access to his upcoming Podcasts on hockey skill development. Each session is limited to 18 participants so **register today!**

Register today for September Hockey Skills Sessions

Each session will feature on-ice 3-on-3 games.

Tyke/Novice	\$180.00	Sept 14, 21 & 28	7:00 - 8:30 am	Pete Palangio Arena
Atom/PeeWee Session 1	\$250.00	Sept 16	4:15 - 5:45 pm	Memorial Gardens arena
		Sept 17	7:00 - 8:30 am	Pete Palangio Arena
		Sept 23	4:15 - 5:45 pm	Memorial Gardens arena
		Sept 24	4:30 - 6:00 pm	Pete Palangio Arena
Atom/PeeWee Session 2	\$250.00	Sept 17	4:30 - 6:00 pm	Pete Palangio Arena
		Sept 19	2:00 - 3:30 pm	Pete Palangio Arena
		Sept 24	7:00 - 8:30 pm	Pete Palangio Arena
		Sept 30	4:15 - 5:45 pm	Memorial Gardens arena
		Bantam/Midget	\$120.00	Sept 19 & 26

To register for sessions: (e-mail) mmsphockey@gmail.com or call 705 471 6604