

# SPRING hockey school

All sessions held at Pete Palangio Arena

# **One-hour On-ice Sessions**

## U9 / U11

April 2 4:30 pm 4:30 pm April 9 April 10 4:00 pm 4:30 pm April 16 April 23 4:30 pm April 29 4:15 pm April 30 4:00 pm May 1 4:00 pm May 7 4:15 pm May 8 4:00 pm

# **U11 / U13**

March 11 7:00 am March 18 7:00 am March 25 7:00 am April 1 7:00 am April 7 7:00 am 8 lira 7:00 am April 14 7:00 am April 15 7:00 am April 22 7:00 am **April 28** 7:00 am

## U13/U15

March 26 4:15 pm April 1 4:15 pm **April 8** 4:15 pm 4:15 pm April 15 4:15 pm April 22 7:00 am April 23 April 29 7:00 am May 5 7:00 am May 6 7:00 am May 7 7:00 am

#### **U18**

**April 3** 7:00 am **April 10** 7:00 am **April 11** 7:00 am **April 17** 7:00 am **April 24** 7:00 am 7:00 am May 1 May 2 7:00 am May 5 4:00 pm May 8 7:00 am May 9 7:00 am

#### **Hockey's Future: On-ice Vision Skills**

**Athletic Vision Skills** 

hockeycpn.com

Skate Faster.
Play Faster.
Reduce Head
Body Injuries.

A Proven Hockey
Training Program
based on the
Science of Brain
Development

NeuroTraining
of 5 head positions

A Proven Hockey
Training Program
based on the
Science of Brain
Development

"Watch for my podcast series... coming soon"

53 years of coaching and instruction experience: Coached Boys AAA & Girls AA.

Author of Hockey Skill Development books, instructional publications, websites, and podcasts. Dan Selin

