

CICERO TWIN RINKS

- WEDNESDAY NIGHT CLINIC -

**Cicero Twin Rinks is Happy to
Announce Phase 1 of the 2019
Spring/Summer Wednesday Night
Clinic!**

- Edgework
- Balance
- Upper/Lower Body Control
- Skating Efficiency
- Hip/Lower Body Flexibility
- Puck Control
- Preparation for Advanced
Skating + Power Edge Pro!

AGE-SPECIFIC TIMES

5:30-6:45pm

2008-2010s & U12 Girls

7:00-8:15pm

2006-2007s & U14/U16 Girls "A, AA"

8:30-9:45pm

2005-2004s "A, AA"

REGISTER HERE

Instructors

Ty Simmons

Skating Coach

Certified Regional Power Edge Pro Instructor

**Experienced MYHA Volunteer
Coaches**

**Various Prep, Junior 'A', &
Collegiate Players**

DETAILS

-When-

Wednesdays, April 24th-June 26th (10
Sessions)

-Where-

Cicero Twin Rinks (NHL Rink)

-Sign-Up/Cost-

First 25 skaters per age group to register
online at www.midstatehockey.com &
submit (Mail-In or leave at rink) \$250
check payable to Cicero Twin Rinks

NAME: _____

D.O.B: _____

EMAIL: _____

GENDER: _____

CURRENT ORG: _____

AGE DIV: _____

PARENT/GUARDIAN SIGNATURE: _____