



Dickinson ND Rink		Vision Hockey 701 Power Hour Power Skating Skills		May 11 & May 18 visionhockey701.com	
<p>"POWER HOUR" Skating Skills with professional skating coach, Tanya Fyfe, formerly with the Bismarck Bobcats and Hazen-Beulah HS Hockey Asst Coach. Learn edge control to gain maximum power and stride with least effort, increasing stamina. Sessions fine-tune technique to increase balance, agility, and speedy transitions, explosive starts and stops. Sessions limited to 15 skaters per group. Small groups allow individual instruction when needed. Players will learn to execute power-skating, directional transitions, cross-overs, and power-skating moves properly before increasing speed. The afternoon session will include conditioning skating.</p>					
Date	Day	Level	Limit	Time	
May 11 & 18	SAT	SQ-10U	15	9:00 AM - 10:00 AM	
May 11 & 18	SAT	PW-12U	15	10:15 AM - 11:15 AM	
May 11 & 18	SAT	HS-Bantam-14U-15U-19U-Jr Gold	15	11:30 AM - 12:30 PM	
\$35/hr for Small Group Instruction with our Professional Power Skating Coach!				Questions: 701-426-5354 Sherry	

Professional Coaches!

[**REGISTER HERE**](#)

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[**VISIONHOCKEY701.COM**](http://VISIONHOCKEY701.COM)

If session is full, please join the waiting list.
More sessions may be added, if needed!

Thank you for skating with Vision Hockey!

Hockey Skills & Games-Skating Skills
Goalie Skills-Checking Clinics-Learn to Skate-
Intro to Hockey-Stick Handling Clinics
Skills & Battle Drills-Small Area Games
Game Jamborees-Advance Skills Small Groups