



CATHY'S POWERSKATING
Coaching that Produces Success

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cathyspowerskating.com

Solar4AmericaIce at San Jose Presents CATHY'S POWER HOUR ELITE 2017

AA/AAA PRE-TRYOUT PEE WEE & BANTAM SERIES

April 25th, 27th, May 2nd and 4th

**Superior Skating Skills can be your most Significant Competitive Advantage!
Professional and Proven Techniques used with Junior & NHL Players**



Tuesday, April 25th at 5:15 - 6:15PM Thursday, April 27th at 5:15 - 6:15PM
Tuesday, May 2nd at 5:30 - 6:30PM Thursday, May 4th at 5:30 - 6:30PM
4-hour training series with the Power Hour team - \$140

Class description:

CPH provides a great opportunity to develop new skills and enhance your technique. This customized and highly technical power skating training program incorporates proven effective curriculums. Forward stride mechanics, backward skating, cross-overs (lateral movement), quick starts & stops, edgework, and transitions will be the primary focus. Proper balance, ideal posture, and edge control training will increase game agility and speed while heightening injury prevention skills. CPH is known for its favorable coach-to-student ratios and provides hands-on, individual, and detailed attention.

How to register: To reserve your spot: #1 please contact **Ilynn DeFreitas, CPH Program Coordinator**, at cathyspowerhour@gmail.com or text her at (408) 472-0677. #2 Pay online or send in payment within 7 days after confirmation to guarantee your spot. **4-hour training series - \$140 and please note: No Refunds.**

Please make checks payable to:
POWER HOUR, LLC - Attn: Cathy Andrade
900 E. Hamilton Ave, Suite 100, Campbell, Ca 95008

*First year PW Players must be trying out for AA/AAA for the 2017-18 season and be CPH coach referred/approved. To contact **Cathy Andrade, Owner & Professional Coach**, call (408) 656-5633 or e-mail sjcanuck@gmail.com For the latest updates on all the class offerings and coaching staff, please check out www.CATHYSPOWERSKATING.com

April-May 2017 Registration Form for AA/AAA Power Hour ELITE Try-Out Series

Player's name _____ Birth year/Level _____

Phone number _____ Email address _____ Total Amount Paid \$ _____