



**CATHY'S POWERSKATING**  
*Coaching that Produces Success*

(408) 656-5633  
sjcanuck@gmail.com  
cathyspowerskating.com

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

**PEE WEE & BANTAM SERIES**

**AUGUST 1<sup>st</sup> to 8<sup>th</sup>**

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

Tuesday, Aug 1<sup>st</sup> at 6:30 - 7:30PM NORTH  
Thursday, Aug 3<sup>rd</sup> at 6:30 - 7:30PM EAST  
Monday, Aug 7<sup>th</sup> at 5:15 - 6:15PM NORTH  
Tuesday, Aug 8<sup>th</sup> at 6:30 - 7:30PM NORTH  
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 [cathypowerhour@gmail.com](mailto:cathypowerhour@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.**

**What to bring:** Full gear required, hockey stick, complete waiver form (see website) & payment.

To contact **Cathy Andrade, Owner & Professional Coach**, call (408) 656-5633 or e-mail [sjcanuck@gmail.com](mailto:sjcanuck@gmail.com) For the latest updates on all the class offerings and coaching staff, please check out [www.CATHYPOWERSKATING.com](http://www.CATHYPOWERSKATING.com)

**This is the last CPH series for 2017 and classes fill up quickly, so register now!**

**August 2017 Registration Form for PEE WEE & BATNAM Power Hour Series**

Player's name \_\_\_\_\_ Birth year/Level \_\_\_\_\_

Phone number \_\_\_\_\_ Email address \_\_\_\_\_ Total Amt Paid \$ \_\_\_\_\_

Please make checks payable to:  
**POWER HOUR, LLC**  
Attn: Cathy Andrade  
89 Dillon Ave, **Suite B**  
Campbell, CA 95008