



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

SQUIRT & PEE WEE SERIES

MAY 16th, 18th, 22nd and 25th

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

Tuesday, May 16th at 6:45 - 7:45PM NORTH
Thursday, May 18th at 6:30 - 7:30PM EAST
Monday, May 22nd at 6:30 - 7:30PM NORTH
Thursday, May 25th at 6:30 - 7:30PM EAST
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.**

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 For the latest updates on all the class offerings and coaching staff, please check out www.CATHYSPOWERSKATING.com

Classes fill up quickly so register now! If you are on a wait list, you will be notified once a spot becomes available.

May 2017 Registration Form for Squirt & Pee Wee 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
900 E. Hamilton Ave, Suite 100
Campbell, CA 95008