

PACE

March 4, 2020

Hello Hagerstown Area Families,

We are looking forward to the fourth consecutive year of running our PACE Hockey Over Speed Skating program in Hagerstown the week of May 3-7, 2020.

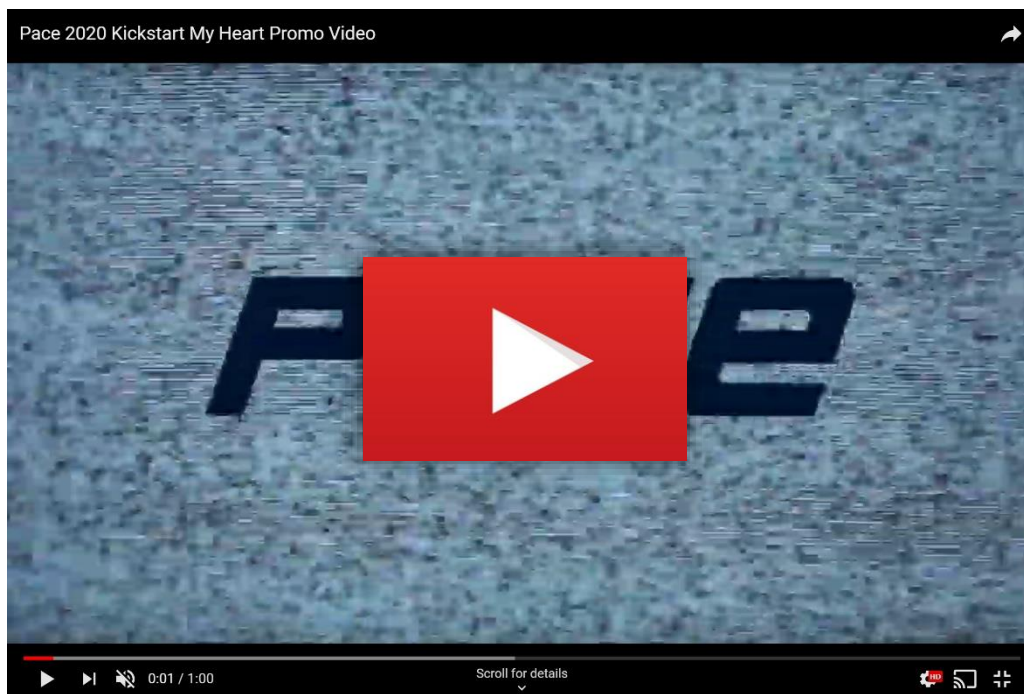
The camp is five days in duration and is open to male and female hockey players, age 8-15. This program is for players who have at least **two years** of hockey experience on an organized team.

This camp is directed by me personally, with assistance from Francis Anzalone and Mike Grattan. We are high level coaches, are disciplined in our approach and are concerned about what is done on the ice every minute of every session.

The focus is simply to explain, reinforce and drill concepts that improve skating speed with and without the puck. Emphasis is placed on proper use of the core skating muscles, and to encourage the youngsters to simply skate faster.

There are no issues concerning age or size. The skaters do not come in contact with one another, and there are no puck battles in this camp.

The camp exposes your skater to some key principles and fundamentals of hockey, which can only improve their game.



Register today at www.pacehockey.com. Only paid registrations are guaranteed a spot in our program.

I hope to see you in Hagerstown soon.

Sincerely,

Frank Anzalone
Director, PACE Hockey