

## **Pre-Season Clinics**

Pre-season clinics will begin the week of September 30 through October 4. These on ice clinics will be held Monday, September 30th, Tuesday, October 1st and Thursday, October 3<sup>rd</sup> from 5:30-7:40. The price for the week is \$60. There is a \$30 per day drop in rate available.

This is a fantastic time to get your child's skating legs going again. These clinics will be run by Storm coaches. The emphasis will be on skating skills and we will also be sure to take the time for fun small area games as well. The rink will be split in half for older and younger players.

The registration for pre-season clinics will be up by early next week. Your child will need a CURRENT USA Hockey number to register and be eligible to take part in these clinics. If you are paying the drop in rate, please provide your USA Hockey number with your payment at the MRC front desk.

All Storm players ages 9-14 are encouraged to register.

## **Dry Land Training**

In collaboration with Storm Hockey, MRC will be offering dry land training for our skaters. Beginning the week of October 7<sup>th</sup>, our skaters can participate in this 20-week session for only \$50! The schedule has been designed so that skaters can attend their workout prior to taking their regular ice time.

Sessions are as follows:

Mondays: 6:30-7:30 will be geared toward 13,14,15 year olds; and

Wednesdays: 5:20-6:20 will be geared toward 10,11,12 year olds

Spots are limited. Please contact MRC directly at 236-9400.