

# KCIC/KC Jets Youth Hockey Summer Clinics

# TOP SPEED & TOP SHELF

## Clinic Highlights:

4 hours of each dedicated to improving your skating & shooting!

### Power Skating -

- ❖ First five step explosiveness
- ❖ Counter balancing
- ❖ Effective tight turns
- ❖ Transitions and balance
- ❖ Puck control with speed

### Shooting -

- ❖ Specific shooting and scoring drills focusing on:
  - Shooting balance & positioning
  - Hand-eye coordination
  - Screens, tip ins, deflections
  - Shooting accuracy



### Lead Instructors:

Dean Nelson – KCIC/Stars Hockey Director  
Connor Bowman – Jets JV Coach  
Jordan Maloney – Jets Asst. Coach  
KC Jets Players & KCIC Staff

**Dates: June 15-18, 2020**

**Time: 1-5:30pm (Approx.)**

**Cost: \$225**

**Age: U10, U12, U14 ('06-'11)**  
**Will be split into 2 groups**

**2 hours on ice, 1 hour off ice per day**

**4-6 goalie spots available – free!!**

**Reserve spot by e-mail:**  
**[dnelson@kcicecenter.com](mailto:dnelson@kcicecenter.com)**

**Limited to first 30 per group.**

**\*\*\*Bring shorts & tennis shoes for off-ice conditioning. Flip flops are NOT acceptable. \*\*\***

**Check out our 5 Skills Clinic  
June 22-25, 2020**

**2 Clinics for \$400!!**

Player Name: \_\_\_\_\_ DOB: \_\_\_\_\_ Age: \_\_\_\_\_

Parent Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_

E-Mail Address: \_\_\_\_\_

Hockey Level: \_\_\_\_\_

To Register: E-Mail Dean ([dnelson@kcicecenter.com](mailto:dnelson@kcicecenter.com)), mail in with check, or turn in at KCIC.