



# HCHA 2008 Fall Warm-Ups



## Bantam

Highland Central Hockey Association 2008 Fall warm-ups.

### Warm-up Features:

- 8 hours on-ice skating sessions led by HCHA Hockey Development staff. Instructors include: Bill Kohn, Troy Stevens, John Nikolou, Ronda Curtin, Jay Godbout and Winny Brodt
- Power skating and edge techniques
- Passing and shooting drills.
- **Cost: \$ 90 (Goalies are welcome! Free of Charge)**

Schedule: 8 warm-up sessions @ Saint Paul Academy (SPA) drake arena

Week #01	BAN	TUE SEP02	8:30pm	SUN SEP07	2:00pm
Week #02	BAN	WED SEP10	8:30pm	SUN SEP14	2:00pm
Week #03	BAN	WED SEP17	8:30pm	SAT SEP20	2:30pm
Week #04	BAN	WED SEP24	8:30pm	TUE SEP23	8:30pm

This clinic will be filled on a first come, first served basis. The clinic will be limited to no more than 30 skaters. \*\*There will be an overflow session, if assigned to that you will be notified. Register now! Questions? Call 651-698-1194.

By August 29<sup>th</sup>, 2008

(detach here)

### Mail registration and Check to:

HCHA Fall Warm-ups  
% Tim Hageman  
1881 Eleanor Avenue  
Saint Paul, MN 55116

Player Name: \_\_\_\_\_

Birth Date: MO\_\_\_\_\_ Day \_\_\_\_\_ Year\_\_\_\_\_ Age\_\_\_\_\_

Address: \_\_\_\_\_

Amount: \$90

TEL: (eve) \_\_\_\_\_(cell)\_\_\_\_\_

Check No. \_\_\_\_\_

email: \_\_\_\_\_