



HCHA 2008 Fall Warm-Ups



U12/U14 Girls

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	U12/U14	WED SEP03	8:30pm	SUN SEP07	12:45pm
Week #02	U12/U14	WED SEP10	7:15pm	SUN SEP14	12:45pm
Week #03	U12/U14	WED SEP17	7:15pm	SUN SEP21	12:45pm
Week #04	U12/U14	WED SEP24	7:15pm	MON SEP22	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 29th, 2008

(detach here)

Mail registration and Check to:

HCHA Fall Warm-ups
 % John Lang
 1716 Van Buren Ave
 Saint Paul, MN 55104

Player Name: _____

Birth Date: MO _____ Day _____ Year _____ Age _____

Address: _____

Amount: \$90

TEL: (eve) _____ (cell) _____

Check No. _____

email: _____