



HCHA 2008 Fall Warm-Ups



U8 Girls

Highland Central Hockey Association 2008 Fall warm-ups.

Warm-up Features:

- 4 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: \$30**

Schedule: 4 warm-up sessions: 2 @ SPA and 2 @ HL

U8 Session 01: SAT Oct 11 2:15pm @SPA

U8 Session 02: SUN Oct 12 11:30am @HL

U8 Session 03: SAT Oct 18 7:15pm @SPA

U8 Session 04: SUN Oct 19 11:30am @HL

This clinic will be filled on a first come, first served basis. The clinic will be limited to no more than 30 skaters. Register now! Questions? Call 651-698-1194.

By September 25th, 2008

(detach here)

Mail registration and Check to:

HCHA Fall Warm-ups
% Emmett Donnelly
1866 Fairmount Avenue
Saint Paul, MN 55105

Player Name: _____

Birth Date: MO_____ Day _____ Year_____ Age_____

Address: _____

Amount: \$30

TEL: (eve) _____(cell)_____

Check No. _____

email: _____