



HCHA 2008 Fall Warm-Ups



Squirt

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

SQUIRT

Week #01	SQR	TUE SEP02	6:00pm	SUN SEP07	7:45am
Week #02	SQR	THU SEP11	6:00pm	SUN SEP14	7:45am
Week #03	SQR	THU SEP18	6:00pm	SUN SEP21	7:45am
Week #04	SQR	THU SEP25	6:00pm	SAT SEP27	6:15pm

SQUIRT / PEEWEE Overflow

Week #01	SQ/PW	THU SEP04	7:15pm	SUN SEP07	9:00am
Week #02	SQ/PW	THU SEP11	7:15pm	SUN SEP14	9:00am
Week #03	SQ/PW	THU SEP18	7:15pm	SUN SEP21	9:00am
Week #04	SQ/PW	THU SEP25	7:15pm	SAT SEP27	7:30pm

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
 % Steve Kompelien
 515 Cleveland Avenue S.
 Apt. 203
 Saint Paul, MN 55116

Player Name: _____

Birth Date: MO_____ Day _____ Year_____ Age_____

Address: _____

Amount: \$90

TEL: (eve) _____(cell)_____

Check No. _____

email: _____