



2018 Power Skating Hockey Clinic will consist of...

This clinic gives the opportunity to experience elite power skating tuition at the National Ice Centre, players will receive 2 to 3 hours skating tuition along with blending hockey related drills as we progress throughout each day. At Clarke & Co Hockey we feel it is important to incorporate pucks into a percentage of our power skating program so rest assured you will also be developing other areas of your game whilst focusing on your skating stride. With skating being the #1 skill to develop, unfortunately it gets massively overlooked here in the UK so its vital any hockey player looking to raise their game this summer considers signing up for this clinic.

During this clinic we will cover the following...

- Forward & Backward Skating
- Correct Skating Technique
- Balance & Control
- Explosive starts
- Stops
- Efficiency – Use less energy
- Full Leg Extension
- Toe snap
- Arm Movement
- Body Positioning
- Powerful Stride
- Edges
- Crossovers



Power skating weekend clinic will include

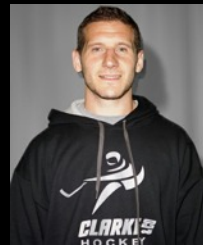
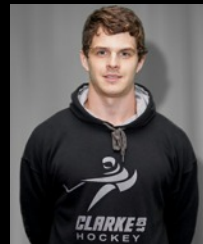
- 2-2.5 hours per day on ice tuition
- Souvenir clinic T-shirt for all students
- Daily classroom tuition
- Plyometric workouts
- Agility workouts
- End of clinic competitions
- Breakfast service included * Please bring packed lunch

Key requirements for anyone looking to attend this clinic, be able to: -

- Hockey stop both edges
- Forwards & backwards cross overs

Why not combine the Power skating clinic with one or two of our weekend Skills & Drills clinics? Multi clinic discount is available on our weekend clinics in Nottingham this summer.

Clarke & Co Hockey Clinics reserve the right to cancel the camp at any time, full refunds will be given in this eventuality.



The Clarke and Co. Power Skating Clinic

The National Ice Centre, Nottingham
4th to 5th August 2018

The cost is £125 per person with a deposit of £75

The Skills & Drills Clinic is open to all ages and abilities

Please read and complete the form overleaf and return to David Clarke and Co Hockey Clinic

Clarke and Co Clinic staff feature:

David Clarke (Nottingham Panthers), Corey Neilson (head coach Nottingham Panthers), Stevie Lee (Nottingham Panthers), Robert Farmer (Nottingham Panthers) Jonathan Phillips (Sheffield Steelers), Luke Ferrara (Sheffield Steelers), Ollie Betteridge (Nottingham Panthers), plus more to be confirmed.

Many of the above instructors have represented their country on many occasions at all levels and can boast at winning major silverware in the British game.

For further information please contact David Clarke by email at info@clarkeandcohockey.co.uk

Clarke and Co Power Skating Hockey Clinic Enrolment Form
Clinic Date: 4th to 5th August 2018 (Nottingham)

Student Name Age.....

Parent/Guardian Name

Address

..... Post Code.....

Phone Number Email Address.....

Please complete: I DO / DO NOT consent to photographs of my child on the Clarke and Co Hockey Clinic being used for promotions purposes.

Select Jersey Size - XS, S, M, L, XL, XXL, XXXL (Shirt manufacturer Rhino Sports)

Current Club of Student.....

Age Group of Student..... Years playing Hockey.....

Playing Position of Student.....

Student Playing Registration Number

Student Conference / International Experience.....

Emergency Contact Details

Name of person to contact in an emergency

Phone Number

Relationship to student.....

Cost of Clinic is £125. This money must be paid 21 days before the Clinic commences. Please enclose either full payment or an initial deposit of £75 to secure a place on the Clinic.

Payment can be made by Bank Transfer.

Please use the Student Name as reference.

Account Name: Clarke & Co Hockey Account No. 53199657 Sort Code 20-67-40

Full Payment: YES / NO Deposit: YES / NO

To enrol on the Hockey Clinic please scan or photograph the completed form and email it to info@clarkeandcohockey.co.uk

Medical Records

Have you ever suffered from the following?

Asthma YES / NO Diabetes YES / NO

Epilepsy YES / NO Heart Complaints YES / NO

Are you required to have medication with you when taking

part in sport? YES / NO

If Yes, what kind

Do you have any allergies YES / NO

If yes, please specify

Diet Restrictions YES / NO

If yes, please specify

Have you had any injuries to the head? YES / NO

If yes, how long ago?.....

Where you unconscious? YES / NO

If yes, for how long? Hours..... Days.....

Do you have any other illness/ injuries that may affect participation YES / NO

If yes, please specify

Have you had the following inoculations?

Tetanus YES / NO Smallpox YES / NO

BCG YES / NO Hepatitis YES / NO

Polio YES / NO

Signed Date

Print Name

Relationship to student

If under 18 years of age, a parent or guardian must sign above, please state relationship to applicant.

The above medical information will be retained in confidential files and is for use in emergencies only.

The applicant named on this application form agrees that Clarke and Co Hockey Ltd as well as The National Ice Centre and their staff shall not be held responsible or liable for any injury, loss or other damages resulting from any cause whatsoever, negligent or otherwise, while in attendance or while on the premises and agrees to release Clarke and Co Hockey Ltd as well as The National Ice Centre and their staff from all claims, damages and cost resulting there from.