



## 2017 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

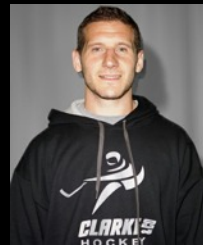
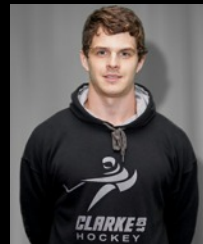
- 2-2.5 hours per day on ice tuition
- Souvenir clinic T-shirt for all students
- Daily classroom tuition
- Plyometric workouts
- Agility workouts
- End of clinic competitions
- Breakfast service included \* Please bring packed lunch

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  
5th & 6th August 2017**

The cost is £120 per person with a deposit of £70

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](mailto:info@clarkeandcohockey.co.uk)

**Clarke and Co Skills & Drills Hockey Clinic Enrolment Form**  
**Clinic Date: 5th & 6th August 2017 (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 £120. This money must be paid 21 days before the Clinic commences. Please enclose either full payment or an initial deposit of £70 to secure a place on the Clinic.

Payment can be made either by Cheque or Online, see below for details...

Cheques made payable to: Clarke & Co Hockey. Please send cheque payments to: David Clarke, Apartment 10, Forman House, Hucknell Road, Nottingham NG5 1QZ

Cheque Payment enclosed : Full Payment: YES / NO Deposit Payment: YES / NO

**Bank Transfer information:**

Please use Student Name as reference

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

Full Online Payment: YES / NO Online Deposit: YES / NO

**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 the Clarke and Co hockey clinic 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 clinic as well as The National Ice Centre and their staff from all claims, damages and cost resulting there from.