



Skill Development Clinic

Iceland, Inc. 3345 Hillside Avenue, New Hyde Park, NY 11040 (516) 746-1100 Visit our website: www.IcelandLongIsland.com

Iceland / Long Island Sharks USA Initiation Program: Ages 5-16 Beginner to Intermediate

The clinic will be held on the following Eight Sunday's
3/10, 3/17, 3/24, 4/7, 4/14, 4/21, 4/28, 5/5
No class 3/31

Director-Rich Roulston

Assistant Director / Instructor- Rich Destasio

Features: Thorough and experienced on ice instruction and demonstration of all fundamental skating techniques. Demonstration of numerous proven practice drills to develop the skating fundamentals.

(Sample Lesson Plan)

***Step One**

- A. Forward skating technique
- B. Balance drills
- C. Stopping
- D. Backward skating

***Step Two**

- A. Forward crossovers
- B. Quick starts
- C. Backward stops
- D. Puckhandling

***Step Three**

- A. Backward crossovers
- B. Passing
- C. Shooting
- D. Position

**Players will be placed in their proper steps by ability*

Price for 8 Weeks

**** Credit and Debit Card prices reflect a 4% non-cash adjustment**

\$280 - Cash or check discount price

\$291.00 - Credit or debit cards

Session meets on Sundays from 1:00-2:00pm

-Equipment needed-

Helmet with full shield, gloves, skates, shin pads, elbow pads, hockey sticks,
shoulder pads, neck guard, and mouth guard

Full payment with application / Limited enrollment**NO REFUNDS, NO EXCEPTIONS!***

Send application to: **Iceland**, 3345 Hillside Ave, New Hyde Park, NY 11040 (516) 746-1100 www.IcelandLongIsland.com

Name: _____ **Phone:** _____

Address: _____ **Email:** _____

Town: _____ **Zip:** _____

Birth date: _____ **Age:** _____

Parent / guardian signature : _____

Skill Development Fall 2024 session 3