



NORTH STARS YOUTH HOCKEY CLUB

REGISTER NOW FOR THE 2015/2016 SEASON!

COST: \$150.00

INCLUDES:

SEPTEMBER 4 - 6 (AK HOCKEY CAMP)

DECEMBER 19 - 21 (NHL STANLEY CUP TOURNEY)

MARCH 18 - 20 (STEVE SERDACHNY CAMP)

WEEKLY SKILLS AND DRILLS ICE SESSIONS

ELIGIBLE FOR AAA SPRING TOURNAMENT TEAMS



Aaron Konecni progressive training methodology "**Training players from the skates up**" develops our players overall balance and technique to maximize performance in all game situations with and without the puck. Speed and control wins races, battles and games. An AKHockey trained player will retain information with ease because we educate players why, when and where we perform specific skating skills depending on the individuals body type.

*"Aaron improved my first few steps. He helped me become an overall more efficient and faster skater with and without the puck."
Shea Weber – Nashville Predators*



Steve Serdachny's skating and skill development system is player centered for maximum learning potential. The system will demonstrate excellent technique, but will not stop there. It teaches students of all skill levels to break down their skating, stick handling, passing and shooting into crucial components. The students are shown how to strengthen weak areas, so they can continue to grow and develop their skills and move onto more advanced abilities. The overall program has been designed to stretch and develop the ability of the player. This is a program for serious hockey players and is not a learn to skate program.

.All sessions will be high tempo, but allow each player to be challenged and develop at their own individual pace. The program will not only improve the students skills but equip them with the tools for **MAXIMUM PERFORMANCE ON ICE.**

**TO REGISTER YOUR CHILD ONLINE PLEASE GO
TO WWW.NWTNORTHSTARS.CA
info@nwtnorthstars.ca
phone (867)444-9464**

