



EXPLOSIVEPOWER.NET *phone / fax* 508 . 792 . 2439 *email* info@john-dillon.com

Customized Small Group Lessons with Puck Mites thru High School

**Fridays, Dec 1, 2017 thru Jan 19th, 2018
8 Consecutive Weeks
5:30pm-6:30pm**

**NESC Marlboro, MA
Cost \$599.00**

There will be a maximum of three groups with 3-6 players that rotate into three separate zones every 20 minutes or two groups that rotate every 30 minutes depending on enrollment. These **60 minute lessons** will be customized for the students, incorporating skating, puck control, shooting, shooting on the fly, puck protection, positional play, situational hockey. Players will be placed into groups according to age and ability. Coaching staff consists of hockey players who have played high school, juniors, prep, college, & professional hockey. Availability will be on a first come first serve basis. This is not a beginner clinic.

OUR PHILOSOPHY

It is our mission to improve each student's skating and hockey skills, while having fun at the same time. We want to develop their minds as well as their bodies, to teach students that with hard work and determination, they can achieve their goals and reach their full potential.

We realize that practice does not make perfect but permanent; therefore, we correct our students so they can form proper muscle memory and improve their skating skills by doing the drills and exercises correctly. We don't just run drills but use exercises as well to train and retrain the muscles to improve performance. We recognize each student's needs and customize the clinics by individually pointing out what he or she needs to do to improve. In order to facilitate better learning, we limit enrollment with a low student to teacher ratio (5:1 or better).

JOHN DILLON

In 1997, John Dillon placed 4th Nationally, 4th at Easterns and was the New England Regional Champion in his respective Category as a Competitive Figure Skater. He was the assistant coach for the Holy Cross Women's Hockey Team in 2003. His Figure Skating and Hockey background set him apart. John has apprenticed with Steffany Hanlen (NHL Power Skating coach). He works with many hockey organizations, Division 1 College, Professional and NHL players. John helps players of all levels develop their skating and hockey skills.

EXPLOSIVE POWER SKATING AND HOCKEY SCHOOL 93 Pineland Avenue, Worcester, MA 01604