JOHN DILLON'S

EXPLOSIVE POWER

SKATING & HOCKEY SCHOOL

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

Intermediate/Advanced
Monday Winter Clinic
Dec. 7th, 2026, thru Feb 22nd, 2027
Twelve Consecutive Weeks
5:00pm-5:50pm
Ages 10 thru 18

Full equipment required.
Location: Worcester Buffone Arena
284 Lake Ave, Worcester, MA

Cost is $600.00

We emphasize ***Skating Technique***, incorporating puck skills in a fun environment. We teach proper body positions, advanced: edges, hockey turns, crossovers, stopping, fwd & bkw stride, balance and agility, stick-handling, deking, and passing. **We strongly recommend starting with the FIA clinic if you have never done our clinics before or email us your student's current level of play and experience for the IA clinic.** In order to facilitate better learning, we strive to have a 5:1 student to coach ratio. We place students into groups according to ability not just by age. Each student is encouraged to purchase a notebook and write down what they are learning every session.

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.