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

## **Int. /Adv. Mini Clinics Squirts thru High School**

**Mondays 4PM – 4:50PM  
Dec. 3<sup>rd</sup>, 2018 - March 4<sup>th</sup>, 2019  
12 Weeks**

**No Clinics Dec. 24<sup>th</sup> or Dec. 31<sup>st</sup>, 2018**

**Cost is \$420.00**

**Full equipment required.**

**Location: Buffone Arena, 284 Lake Ave. Worcester, MA. 01604**

In this clinic we emphasize *Skating Technique*, incorporating hockey skills in a fun environment. This clinic teaches proper body positions, all edges, hockey turns, crossovers, stopping, forward & backward stride, balance and agility, stick-handling, deking, and passing as well as 3 on 3 mini scrimmages. This is a Fifty minute clinic (30 min skating, 10 min. skating & hockey Skills & 10 min. game skills). In order to facilitate better learning, we limit enrollment to three groups of skaters in each zone. We strongly recommend completing and mastering the Fund/Int. clinic prior to registering for this clinic. We reserve the right to place students into groups according to ability not just by age. Each student should purchase a notebook and write down what they are learning every session.

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### **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.*

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