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

**High School  
Summer Clinics  
Thursdays  
June 27<sup>th</sup> thru August 22<sup>nd</sup>, 2019  
7:20pm-8:10pm  
8 Weeks (No Clinic July 4<sup>th</sup>)  
Ages 14 and Up**

**Full equipment required. Location: NESC, Marlboro, MA**

**Cost is \$320.00**

We emphasize ***Skating Technique***, incorporating puck skills in a fun environment. This **Fifty minute** clinic (40 min. skating & puck skills & 10 min. game skills) teaches proper body positions, adv. edges, adv. hockey turns, adv. crossovers, adv. stopping, adv. forward & backward stride, adv. balance & agility, adv. stick-handling, adv. deking, and adv. passing as well as 3 on 3 mini scrimmages. **We recommend this clinic once you have mastered the skills in our Fund/Int clinic.** We strive to have a 5:1 student to coach ratio or better. 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 after every session to improve skill retention.

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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