



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

## **Individual/Semi Private/Small Group Customized Lessons with Puck Tuesdays, July 9<sup>th</sup> thru August 20<sup>th</sup>, 2019**

**North Star Ice Sports Rink C, 15 Bridle Lane, Westboro, MA**

### **6:00pm-6:50pm**

Ice will be broken down into 2 sections per zone. These 50 minute lessons will be customized for the student(s), incorporating skating, puck control, shooting, shooting on the fly, puck protection, positional play, situational hockey, angling/(checking if desired). Coaching staff consists of hockey players who have played high school/juniors/prep/college/professional hockey. The student may sign up with their friends of equal ability or ask to be placed in a group if you desire the semi-private or small group pricing. Availability will be on a first come first serve basis.

<b>Circle the type of lesson you want: ( 1, 2, 3, 4 )</b>	<b>Individual Lesson (1)</b>	<b>\$ 150.00 per week (\$1,050.00 total)</b>
	<b>Semi Private (2)</b>	<b>\$ 100.00 per week (\$700.00 each)</b>
	<b>Small Group of (3) or (4)</b>	<b>\$ 75.00 per week (\$525.00 each)</b>

**Circle a minimum of 6 weeks: July 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup> August 6, 13, 20<sup>th</sup> of 2019**

**Indicate first & last names of other students who will be joining you if signing up for semi or small group lessons. \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_. (semi-private & small groups must sign up for the same weeks). Deduct one week's cost if only signing up for 6 weeks. If you are looking to sign up for only certain weeks, you must contact the office at 508-792-2439 to see what will be available.**

#### **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.*