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

**Junior/Collegiate/Pro Development  
Summer Clinic  
Tuesdays  
July 9<sup>th</sup> thru August 20<sup>th</sup>, 2019  
(7 Consecutive weeks)  
7:00pm-7:50pm**

**Location: NorthStar Ice Sports, Rink C  
15 Bridle Lane, Westboro, MA  
Cost is \$350.00**

Skating is the name of the game. This **Fifty minute** clinic (35 min. skating & puck skills & 15 min. flow drills & or Scrimmages) emphasizes **Skating Technique**. It is designed for players who want to achieve the highest level of skating by improving their techniques so they get more from every movement by teaching proper body positions, adv. edges, adv. hockey turns, adv. crossovers, adv. stopping, adv. forward & backward stride, adv. balance and agility & hockey specific small games. You will be challenged by the drills and by surrounding yourself with better players. This clinic is for the serious player who wants to take their game to the next level by improving their skating and puck control. This clinic will be limited to the first 18 high level players who register and mail in their check. Personally taught by John Dillon and his assistant coaches. If you keep doing the same thing you will get the same results. You must change if you want your game to change.

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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