

# Power Skating & Conditioning by Skate Faster Inc.

## ATTENTION COACHES

To register your team call: (613) 482-2096 or Email: [programs@skatefaster.ca](mailto:programs@skatefaster.ca)

### What is Power Skating?

There has been some confusion about Power Skating being only for figure skaters, this is not true. Power Skating was designed to improve and master skating techniques for HOCKEY players. It is not a miracle program but the saying goes: "what you put in is what you get out." You should not expect to take one Power Skating lesson and then become a superstar skater. It takes time, practice, and dedication to become an excellent skater.

### Who is it for?

Power Skating is not only for straight line acceleration, but for all skating skill areas including: backward skating, tight glide turns, forward and backward crossovers, etc. These are just a few areas the Skate Faster program session will focus on. So the end result of our Power Skating lessons means a complete skater in all areas

### Our Target Audience:

Are Teams from Novice thru Midget. By teaching children of that age, we hope to correct newly formed habits before they become too difficult to correct.

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#### SKATE FASTER INC. TEAM POWER SKATING APPLICATION FORM

NAME OF TEAM: \_\_\_\_\_

GENDER:  MALE  FEMALE

NAME OF COACH or MANAGER \_\_\_\_\_

TEAM INFO:

LEVEL: \_\_\_\_\_

:

CONTACT NUMBER(S): \_\_\_\_\_

OTHER NOTES: \_\_\_\_\_

E-MAIL ADDRESS: \_\_\_\_\_

NAME of ARENA : \_\_\_\_\_

DATE AND TIME: \_\_\_\_\_

FOR OFFICE USE ONLY  
METHOD OF PAYMENT

RECEIPT # \_\_\_\_\_

COST:\$150.00 per SESSION