

Program Goals & Objectives

- Teach players proper skating technique to:
 - Increase stride length
 - Improve forward & backward skating
 - Improve edge quality
 - Develop quick turns & changes in direction
 - Develop quick starts & stops
- Improve
 - Speed & Agility
 - Strength & Endurance
 - Power & Control
 - Reaction Time

Program Format

- 5:00-5:20 full ice skating
 - warm up
 - skills
 - technique
 - 5:20-5:50 small groups by skill level to focus on
 - Forward skating
 - Backward skating
 - Stops/starts
 - Transitions/turn
 - stick handling/puck control while skating
-

Please return with full payment (\$15 non-refundable registration)

\$250 includes registration before 6/12/15

\$275 after 6/12/15

Contact Allison about potential for weekly rate

AllisonStringer@comcast.net
18 MacArthur Road
North Reading 01864

(781) 354-6299

Or pay via venmo:

@Allison-Stringer-1

Power Skating for *Hockey* Performance Enhancement

Allison Stringer, MS, PT, FAAOMPT, CHA
Professional Skater & Physical Therapist

Burbank Arena, Reading Massachusetts

Pee Wee's and Bantams (Birth years 2008 to 2005)

8 Tuesdays --- July 7 through August 25, 2020

5:00 – 5:50 pm

Tuition: **\$250** before 6/15, \$275 after 6/15
(includes \$15 USFS registration fee)

Young hockey players believe skating fast means moving their feet fast. The *best* way to skate fast, however, is by utilizing proper technique. Players must first slow down and gain “edge quality” and control. After learning how to use their edges properly, the hockey player will then more efficiently gain speed and power. Improving skill will increase the hockey player’s efficiency and prevent injury. It has been well documenting in the literature that fatigue has been shown to increase injury risk including concussions. A recent studies of hockey players indicate that concussions are more likely to occur under fatigued conditions in ice hockey.

Allison Stringer’s program is a unique opportunity for the developing hockey player to learn technique in order to improve skill, speed, strength, stamina, and prevent injury. Players will be prepared for the fall season-- skilled skaters make better players!

Allison Stringer, Physical Therapist and Professional Skating Instructor, is the Clinic Director and Compliance Specialist for Professional Physical Therapy in Salem, MA. Allison greater than 30 years’ experience teaching hockey players on ice skating technique and she specializes in Manual Physical Therapy for patients with orthopedic injuries to the spine, & sports medicine. Allison is a Fellow of the American Academy of Orthopedic Manual Physical Therapists. She is an on ice coach for Mite, Squirt, and PeeWee’s with Wilmington and North Reading Hockey Youth Hockey and on professional staff with North Shore Skating Club.

Players Name	
Date of Birth	
Gender (male/female)	
Parent/Guardian	
Address	
City, State, Zip Code	
cell phone/emergency contact	
email	
How did you hear about us?	

Payment can be sent to venmo: @Allison-Stringer-1
or mail payment in full to:

Allison Stringer, 18 MacArthur Rd, North Reading, MA 01864