

EXCEL HOCKEY

WITH COACH CARYN & HERBSTER HOCKEY

COACH CARYN

- **BALANCE**
- **POWER**
- **ACCELERATION**

Designed to help develop and improve proper skating technique from the start. It will help skaters EXCEL in their forward and backward skating, stops and starts, turns, transitions, and explosive starts. Skaters will become faster, more powerful, and more explosive while increasing stability. Caryn Silver is a Professional Skaters Association (PSA) Master Rated Coach. She has her PSA Hockey 1, 2, 3, & 4 certificates and Hockey Power Skating Certificate. She is also a former USA Hockey level 1 certified coach.

HERBSTER HOCKEY

- **SHOOTING**
- **PASSING**
- **STICK HANDLING**

Designed to focus on individual abilities while teaching the skills needed to EXCEL as a hockey player. Each session is focused on soft skills including skating, passing, shooting, and stick handling. Herbster Hockey is a professional power skating and skills organization. They work with players at ALL levels from Learn to Skate all the way up to the NHL.

45 MINUTE CLASSES SPLIT TO HIT EVERY FUNDAMENTAL OF HOCKEY

POWER YOUR WAY TO THE NEXT LEVEL!



CRYSTAL ICE HOUSE

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