

# Specialized Hockey Skills Series

## *Train, Have Fun, Improve!*

- ★ A unique, individual-skills focused off-ice program offered only at OhioHealth Chiller North
- ★ 5:1 Player/Coach Ratio
- ★ Top Area Coaches – Directed by Darcy Cahill, James Nash
- ★ Players having fun will practice more!

### Program Includes:

- ★ Skating Treadmill - A Chiller North exclusive! - Develops a proper and efficient skating stride, balance and hockey position. Eliminate bad habits!
- ★ RapidShot - A Chiller North exclusive! Develops shot release, speed and accuracy, and proper weight transfer for a powerful, accurate shot!
- ★ Stick Handling Station - Develops confident puck carrying, heads up skating, creative stick handling!



**April 4-May 9, 2019**  
**Thursdays (6 weeks)**  
**Lead Coach: Darcy Cahill**

**Ages 6-8: 4:30-5:30pm**  
**Ages 9-12: 5:30-6:30pm**

**OhioHealth Chiller North**  
8144 Highfield Drive, Lewis Center, OH 43035

**Cost: \$120**

**Equipment needed:** skates, gloves, elbow pads, stick & helmet.

**REGISTER ONLINE AT**  
**[WWW.THECHILLER.COM/REGISTER](http://WWW.THECHILLER.COM/REGISTER)**

For more information contact Rob Schriener (614) 791-9999 x125 or [rschriener@thechiller.com](mailto:rschriener@thechiller.com)