



# CATHY'S POWERSKATING

*Coaching that Produces Success*

(408) 656-5633  
sjcanuck@sbcglobal.net  
cathyspowerskating.com

## Sharks Ice at San Jose Presents: CATHY'S POWERSKATING Series for Spring/Summer 2010

**TRAVEL PEE WEE, IN-HOUSE & TRAVEL A/B BANTAM, AND JV HIGH SCHOOL**  
*Incorporates professional and advanced techniques used with Junior and NHL players*

Series 2		
Date	Time	Rink
4/14 (Wed)	6:15-7:15 pm	Center
4/21 (Wed)	6:15-7:15 pm	Center
4/28 (Wed)	6:15-7:15 pm	Center
4/30 (Fri)	6:45-7:45 pm	East

Series 5		
Date	Time	Rink
6/22 (Tue)	6:30-7:30 pm	South
6/25 (Fri)	5:15-6:15 pm	South
6/29 (Tue)	5:30-6:30 pm	East
7/01 (Thur)	5:30-6:30 pm	East

### Class description:

This customized power skating class provides a great opportunity to develop new skills and enhance your technique. The primary focus will be on an effective and efficient stride- forward stride and backwards skating. Balance and stability will be strengthened with emphasis on body positioning and edgework. Agility and mobility will be improved with a focus on cross-overs, lateral movement, stops/starts, transitional turns and the all important quick start. The series offers favorable coach-to-student ratio to provide individual attention.

**Cost:** \$120.00 per series

**What to bring:** Full gear, hockey stick, and water. Complete and sign waiver form (see website). Payment due on the first day of class.

**How to register:** To reserve your spot, please fax your registration form to 408-559-3527 or scan and email to [sjcanuck@sbcglobal.net](mailto:sjcanuck@sbcglobal.net). Classes fill up quickly, so register now! If you are on the waitlist, you will be notified once a spot becomes available.

For more information about **CATHY'S POWERSKATING**, please call **(408) 656-5633** or e-mail to [sjcanuck@sbcglobal.net](mailto:sjcanuck@sbcglobal.net)

For the latest updates on all class offerings and coaching staff, please check out [www.CATHYPOWERSKATING.com](http://www.CATHYPOWERSKATING.com)

### Spring/Summer 2010 Registration Form for CATHY'S POWERSKATING Series

Player's name \_\_\_\_\_ Age \_\_\_\_\_ Team level \_\_\_\_\_

Phone number \_\_\_\_\_ Email address \_\_\_\_\_

Series # \_\_\_\_\_ Total Amount Paid \$ \_\_\_\_\_

Please make checks payable to:  
Cathy Andrade