



FRIDAY NIGHT I.C.E.

www.arrowsyouthhockey.org

Jan 2012

I. INTENSE C. CHALLENGING E. EXERCISE

DIRECTED BY COACH JOHN CACCIATORE

Power Skating & Pucks.

An intense training session on powerskating and hockey skills with Coach John Cacciatore and Power Skating Instructor Jacki Munzel. All levels are welcome and will be grouped accordingly. Goalies skate for free. Payment must be made at the beginning of each clinic. Pay ahead for all 8 weeks and you will receive a 10% discount. There will be a \$10 sibling discount as well.

If you plan on attending an email to jccoach42@yahoo.com would be greatly appreciated. Walk-ins are welcome as well.

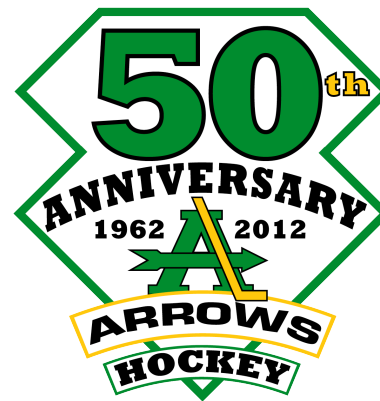
**FRIDAY NIGHTS
6:00-7:30 PM**

**\$30 for ARROWS MEMBERS
\$35 ALL OTHERS
per session**

**CONTACT JOHN
CACCIATORE @
[JCCOACH42@YAHOO.COM](mailto:jccoach42@yahoo.com)**

DATES

**Jan 20th, 27, Feb. 3rd, 10th, 17,
24, March 2nd, 9. 16.
6-7 PM Power Skating
7-7:30 Skills**



**ARROWS
HOCKEY
CLINIC**