



# NYTEX SPORTS

## HIGH PERFORMANCE PROGRAMS

### DEVELOPMENTAL SKATING AND PUCK SKILLS

**SQUIRT THROUGH MIDGET**

**4 WEEKS - MONDAYS**

**MARCH 20 - APRIL 10**

**7:30 P.M. - 8:30 P.M.**

#### PURPOSE:

DEVELOP STRONGER SKATING FOUNDATION, ENABLING PLAYERS TO GAIN STRENGTH AND CONFIDENCE IN THEIR SKATING AND PUCK MANAGEMENT SKILLS.

**\$79.00**

**\$159.00**

**1999-2008 BIRTH YEARS**

**4 WEEKS - TUES & THURS**

**MARCH 21 - APRIL 13**

#### PURPOSE:

PREPARE PLAYERS FOR UPCOMING TRY-OUTS THROUGH SEQUENCES OF TECHNICAL DRILLS WITH AND WITHOUT THE PUCK.

### OVERSPEED TRAINING

(TRAVEL EXP. PREFERRED)

FOR QUESTIONS ABOUT THE UPCOMING SPRING CAMPS,

PLEASE EMAIL **TIM MCALLISTER** AT [NYTEXCOE@GMAIL.COM](mailto:NYTEXCOE@GMAIL.COM)