

## **INSTRUCTORS BACKGROUNDS**

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### **SCOTT GROVER**

Trainer of OHL, PWHL, NCAA, Team Canada and NHL players

- 34 years coaching experience
- Holds valid St. Johns Ambulance First Aid Certificate
- Valid Police Check

### **TIM HARROW**

- North American Light Heavy Weight Muay Thai Champion
- Played Jr “B” hockey for 5 years
- Strength and Conditioning Coach For three different Jr. “A” teams
- Trainer of Olympic Gold Medalist

### ***Jeremy Rupke***

- Puck control expert
- Owner and head instructor on “How to Hockey.com”

Scott Grover can be reached at:

(705) 726 – 5321 or by email at

[info@scienceofskating.com](mailto:info@scienceofskating.com)

Dianna Clark for registration at:(705)380-5102



Scott Grover  
99 Nicholson Drive  
Barrie, Ontario  
L4N 0B2

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THE SCIENCE  
OF SKATING

&

**Harrow  
Performance**

What is “the *Science*

**HOCKEY SKILLS**

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*of Skating”*

## What is “the *Science of Skating*”

For the past 33 years *The Science of Skating* has built a reputation for producing top level hockey players.

The science of skating is more than an aerobic program designed to make the skater sweat...*The Science of Skating* is designed to develop fundamental skating skills through which a hockey player will achieve greater success.

Explosive acceleration, proper use of edges, improved lateral movement, increased balance, and precise stopping, are just the beginning of the skills that are taught in *The Science of Skating*. We will help the player take his or her game to the next level!

We are excited to introduce Tim Harrow to our staff! Tim brings a world of knowledge to the Off Ice portion of our camp. One more step towards making your son/daughter the best that they can be.

## SUMMER PROGRAM

### Program A

(Novice to Maj. Atom)

**COST:** \$220.00

**TERM:** 5 days (10 hours)

**Starting date August 19th**

**LOCATION:** The “Don” rink

| DAY            | TIME                  |
|----------------|-----------------------|
| Mon. to Fri.   | 6:00 - 6:50 PM        |
| <b>Off Ice</b> | <b>7:10 – 8:10 PM</b> |

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### Program B

(PeeWee to Midget)

**COST:** \$220.00

**TERM & LOCATION:** same as above

| DAY            | TIME                  |
|----------------|-----------------------|
| Mon. to Fri.   | 7:00 – 7:50 PM        |
| <b>Off Ice</b> | <b>5:30 – 6:30 PM</b> |

## APPLICATION FORM

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ PC \_\_\_\_\_

AGE \_\_\_\_\_ BIRTHDATE \_\_\_\_\_

PARENT/

GUARDIAN \_\_\_\_\_

PH( ) \_\_\_\_\_

WORK PH( ) \_\_\_\_\_

O.H.I.P. # \_\_\_\_\_

MEDICAL  
CONCERNS \_\_\_\_\_

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**Program A** \_\_\_\_\_ **or B** \_\_\_\_\_

WAIVER: THE APPLICANT AGREES THAT THE SCIENCE OF SKATING AND/OR ITS PROPRIETORS AND COACHES WILL NOT BE HELD RESPONSIBLE FOR ANY ACCIDENT OR LOSS, HOWEVER CAUSED, AND ALSO AGREES TO RELEASE THE AFORMENTIONED FROM ALL CLAIMS AND/OR DAMAGES WHICH ARISE FROM ANY SUCH ACCIDENT OR LOSS.

PARENT/GUARDIAN \_\_\_\_\_

DATE \_\_\_\_\_