

INSTRUCTORS BACKGROUNDS

SCOTT GROVER

- Trainer of OHL, PWHL, NCAA, ECHL Team Canada and NHL players
- NCCP level 3 certified coach
- 36 years coaching experience
- 4 years head power skating instructor to the OHL Barrie Colts
- Holds valid St. Johns Ambulance First Aid Certificate and a valid police check
- A Skate Canada Certified Power Skating Instructor

Scott Grover can be reached
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at

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Scott Grover



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THE SCIENCE



OF SKATING

HOCKEY SKILLS

What is “the *Science of Skating*”

For the past 36 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 made 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 in his or her game.

Explosive acceleration, proper use of edges, improved lateral movement, increased balance, and precise stopping, are the focus of the skills that are taught. However, we also take all of those skills and add a puck to simulate game situations.

My goal is to help the player make the level of hockey that they wish to play at!

SUMMER PROGRAM

The Program

COST: \$175.00

The age group for this Camp are birth years from 2008 – 2012 as a guide.

TERM: 5 days (5 hours)

Starting date: August 15th

LOCATION:

Westhills Arena

DAY AND TIMES

Monday to Friday

4:00 – 5:00 PM

Check out my instructional videos on You tube courtesy of:

HowtoHockey.com

APPLICATION FORM

NAME _____

ADDRESS _____

CITY _____ PC _____

AGE _____ BIRTHDATE _____

PARENT/

GUARDIAN _____

PH() _____

WORK PH() _____

Email _____

MEDICAL CONCERNS _____

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 _____