

## **INSTRUCTORS BACKGROUNDS**

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***SCOTT GROVER***

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

- 36 years coaching experience
- Level 3 certified coach
- Power skating instructor to the OHL  
Barrie Colts for four years
- Holds valid St. Johns Ambulance First  
Aid Certificate
- Valid Police Check

Scott Grover can be reached  
at:

(705) 984 – 5321 or by email  
at

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

**Scott Grover**



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Victoria, BC

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**THE SCIENCE  
OF SKATING**

**HOCKEY SKILLS**

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# 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 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*. I will help the player take his or her game to the next level!

I am excited to add a body contact portion to this program as well. Here the players will learn why we hit. How to give and receive hits on the boards as well as open ice hits. Most importantly they will learn about how balance is crucial to contact.

## SUMMER PROGRAM

### The Program

**COST: \$175.00**

**This program is for the age group of 2010 to 2014 as a guideline.**

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

**Start Date is August 8<sup>th</sup>**

### Location:

**Kerry Park Arena**

### Time and Days:

**Mon. Tues. Thurs. and Fri.**

**6:00 – 7:00 PM**

**Wed. is 7:30 – 8:30 PM**

**Check out my instructional videos on You tube courtesy of “How to Hockey”**

## 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 \_\_\_\_\_