



**Heads Up**  
Sports Academy Inc.

## 2009/10 Power Skate with Risidore & Stepien

Hockey is a unique sport, combining many different skills. Of these, Power Skating is the fundamental skill from which other skills develop. Power Skating enables the athlete to produce the most efficient speed with the least amount of effort. This is created through a technically correct skating stride and body movement. Thus, the speed is achieved with the lower body, provided the upper body is in correct position. Through effective Power Skating instruction, stick handling, shooting, checking skills, and positional play will only improve. Thus, developing a solid, well balanced player. When developing a hockey player Power Skating will make the difference. Developing your Power Skating skills will immediately enhance your hockey skills, resulting in greater success and enjoyment.

This program will be designed to improve **BALANCE, MOBILITY, AGILITY, AND SKATING STRIDE, BOTH FORWARDS & BACKWARDS.**

**This is not a program for beginners- experienced skaters only!**

### **BALANCE MOBILITY AGILITY**

#### **PROGRAM DIRECTORS:**

##### **Dana Stepien**

- Skate Canada Power Skating
- NCCP Level 2 Certified
- Double Gold Medallist Certified
- Hamilton AAA Skating Instructor
- HUSA Head Power Skating Instructor

##### **Ryan Risidore**

- Former Hamilton Bulldog
- Pro-experience with Hartford Wolf, Springfield Falcons, Indianapolis Ice, & Columbus Cottonmouths
- Skate Canada Power Skating
- Selected by Hartford Whalers round 5 in the 1994 NHL Entry Draft

Feedback and correction  
are a top priority!

**Visit our website @ [www.husa.ca](http://www.husa.ca)**

# HEADS UP SPORTS ACADEMY

32 Concerto Court  
Ancaster, L9G 4V7

FOR MORE INFORMATION CALL

Leo Paone @ ☎ 648-4606

OR BY EMAIL: [husa@cogeco.ca](mailto:husa@cogeco.ca)

Program	Dates	AGES	TIME	Location	COST
<b>A</b> Fall Session	Friday Night Program Oct. 2, 9, 16, 23, 30 Nov. 6, 20, 27 Dec. 11, 18	8 to 12	4:00 - 5:00 pm	Mohawk Four Ice Centre	<b>\$ 250</b> (10 sessions of 1 hour - price includes GST)
<b>B</b> Winter Session	Friday Night Program Jan. 8, 15, 22, 29 Feb. 5, 19 March 5, 26	8 to 12	4:00 - 5:00 pm	Mohawk Four Ice Centre	<b>\$ 200</b> (8 sessions of 1 hour - price includes GST)
<b>C</b> Select Your Own Sessions  <b>Note:</b> Please circle the dates you would like to attend	Friday Night Program Oct. 2, 9, 16, 23, 30 Nov. 6, 20, 27 Dec. 11, 18 Jan. 8, 15, 22, 29 Feb. 5, 19 March 5, 26	8 to 12	4:00 - 5:00 pm	Mohawk Four Ice Centre	<b>\$ 30</b> <b>per session</b> (18 sessions of 1 hour - price includes GST)

## SPECIAL NOTES

- All participants must wear C.S.A. full protective equipment
- All prices include GST
- Please inquire regarding our team pricing, family discounts and multiple program pricing.

## HUSA - APPLICATION FORM

Please make all cheques payable to **Heads Up Sports Academy** and submit to:  
Leo Paone 32 Concerto Court, Ancaster L9G 4V7 (Your cashed or cancelled cheque is a confirmation to the Program)

## Fall Winter 2009/10 - POWER SKATE WITH RISIDORE & STEPIEN

Program A       Program B       Program C

FIRST NAME: \_\_\_\_\_ SURNAME: \_\_\_\_\_ PARENT'S NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ APT. # \_\_\_\_\_ CITY: \_\_\_\_\_

POSTAL CODE: \_\_\_\_\_ PHONE #: \_\_\_\_\_ AGE: \_\_\_\_\_ BIRTH DATE: \_\_\_\_\_

EMAIL: \_\_\_\_\_ POSITION PLAYED: \_\_\_\_\_

TEAM LEVEL:     AAA     AA     A     HUB     Select     House

I give approval for my son/daughter to participate in all activities and events of the Heads Up Sports Academy and do assume all risks, hazards and accidents to such participation. I do waive, release, absolve, indemnify and agree to hold harmless the Heads Up Sports Academy and its proprietor. I certify that the applicant is in good physical and mental health and able to participate in the physical activity of this vigorous program.

SIGNATURE OF PARENT OR GUARDIAN: \_\_\_\_\_ DATE: \_\_\_\_\_

Visit our website @ [www.husa.ca](http://www.husa.ca)