



**Heads Up**  
Sports Academy Inc.

## Spring 2010 Power Skate with Risidore & Stepien

Risidore and Stepien's Power Skating and Hockey Skill Development are designed to give you the edge you need for ultimate skating and hockey performance. This unique hockey specific skating and skill development program will help you achieve the maximum performance you need for excellence on ice. Learning from Hockey expert Ryan Risidore (former Hamilton Bulldog) and figure skating Coach Dana Stepien the players will receive a well balanced program. They will maximize your potential, focusing on the necessities of hockey skills and drills and proper skating techniques. They expect the best from their players and are dedicated to providing the best developmental experience for every athlete. Their program is designed to take players to another level of learning, to inspire and instruct them to their best performances. They provide quality power skating instruction for hockey and ringette players. Their goal is to improve basic skating techniques and in turn, improving power, agility & speed.

Power skating is the technique of moving on the ice in the most efficient manner possible, while exerting a minimal amount of effort. Players have so little time to be focusing on their skating skills in a game and power skating improves their reaction time. Over time, it's been demonstrated that the best players are often the best skaters. Our power skating programme is designed to give the player the confidence and skills necessary to develop his/her skating ability to its fullest potential. Let Power Skating and Hockey expert Stepien and Risidore take your game to the next level of high performance.

### 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

Program	Dates	AGES	TIME	Location	COST
<b>A</b> Spring Power Skating	Wednesday Night Program May 12, 19, 26 June 2, 9, 16, 23, 30	7 to 9 Years of Age	5:00 - 6:00 pm	Mohawk Four Ice Centre	\$200 (includes GST)
<b>B</b> Spring Power Skating	Wednesday Night Program May 12, 19, 26 June 2, 9, 16, 23, 30	9 to 12 Years of Age	6:00 - 7:00 pm	Mohawk Four Ice Centre	\$200 (includes GST)
<b>C</b> Spring Private Power Skating	Wednesday Night Program May 5, 12, 19, 26 June 2, 9, 16, 23, 30	May Vary	4:00 - 5:00 pm	Mohawk Four Ice Centre	Private Lessons With Dana Stepien \$30 per session
<b>D</b> Spring Private Puck Control & Shooting	Wednesday Night Program May 5, 12, 19, 26 June 2, 9, 16, 23, 30	May Vary	4:00 - 5:00 pm	Mohawk Four Ice Centre	Private Lessons With Ryan Risidore \$30 per session
<b>E</b> Spring Private Power Skating	Saturday Morning Program May 8, 15, 29 June 5, 12, 19, 26	May Vary	8:15 - 9:15 am	Mohawk Four Ice Centre	Private Lessons With Risidore & Stepien \$30 per session

Please Call regarding our "team pricing" and "goalie training" in the above programs

## 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 - 2010 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)

### Spring 2010 - POWER SKATE WITH RISIDORE & STEPIEN

Program A

Program B

Program C

Program D

Program E

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: \_\_\_\_\_