



**Heads Up**  
Sports Academy Inc.

## 2010 Summer High Performance Power Skate with Hamilton & 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 Medalist Certified
- Hamilton AAA Skating Instructor
- HUSA Head Power Skating Instructor

Ron Hamilton

- Advanced Level Coach
- Former Junior B Head Coach
- Hamilton AAA Coach (14 Years)
- Under 17 Program
- M.H.A. - Head Instructor

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



# HEADS UP Source for sports®

Visit our Store @ 830 Upper James (Mohawk)  
(905) 574-5700 or 1-800-770-8624

**Body Balancing & Alignment Expert Skate Sharpening  
VISIT THE HOCKEY EXPERTS**

**HEADS UP SPORTS ACADEMY**  
32 Concerto Court  
Ancaster, L9G 4V7

**FOR MORE INFORMATION CALL**  
**Leo Paone @ ☎ 648-4606**  
**OR BY EMAIL: husa@cogeco.ca**

## WEDNESDAY NIGHT PROGRAM

**Dates:** July 7, 14, 21, 28 August 4, 11, 18, 25  
**AGES:** 13 to 16 Years of Age  
**TIME:** 6:00 - 7:00 pm  
**LOCATION:** Mohawk Four Ice Centre  
**COST:** \$220 (includes HST)



### 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)

### SUMMER 2010 - HIGH PERFORMANCE POWER SKATE WITH HAMILTON & STEPIEN

FIRST NAME: \_\_\_\_\_ SURNAME: \_\_\_\_\_ PARENT'S NAME: \_\_\_\_\_  
ADDRESS: \_\_\_\_\_ APT. # \_\_\_\_\_ CITY: \_\_\_\_\_  
POSTAL CODE: \_\_\_\_\_ PHONE #: \_\_\_\_\_ AGE: \_\_\_\_\_ BIRTH DATE: \_\_\_\_\_  
EMAIL: \_\_\_\_\_ POSITION PLAYED: \_\_\_\_\_  
TEAM LEVEL:     AAA     AA

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)**