

Rocky Hockey Pre-Hockey Programs

Session 3: January 7-March 10, 2011

Skip Week - January 14 & 15, February 4 & 5, February 18 & 19, March 3 & 4

Registration is Open Enrollment

Former NHL player Rocky Saganiuk has been coaching and teaching ice hockey for the past 36 years. Rocky grew up in Canada where he played his youth hockey and later was drafted and played in the NHL for the Toronto Maple Leafs and Pittsburgh Penguins.

He has studied and learned his trade through the many experiences from great coaches and fellow players he has been associated with. Rocky and his staff have developed a strong hockey program that focuses on teaching the basic skills of hockey in a Fun and Safe environment. Classes are designed to give the novice skater a solid foundation of hockey skating, stickhandling, shooting, passing and game skills that they will need to achieve their future hockey goals and aspirations.



Class Levels and Descriptions

PRE - HOCKEY LEVEL: (#1) (\$140) (Ages 3 - 10yrs) - **(Saturday: 9:55am)** (or) **(Sunday: 5:00pm)**

Skating abilities of the aspiring hockey player need not be strong. However, hockey players in this class must have skating abilities which include being able to perform Push & Glide strides across the ice at a consistent rate and after falling down the player is able to regain balance and skate again. "Persistence & Determination" is key! On-ice instruction that focuses on forward movement, sharp turns left and right, stopping,, the basics of backwards skating, Stick handling and puck control.

In addition students in this level can play on a "Scooter" Pond Hockey team.

PRE - HOCKEY LEVEL: (#2) (\$140) (Ages 3 - 10yrs) - **(Saturday: 9:55am)** (or) **(Sunday: 5:00pm)**

Strong skating skills are necessary to participate in this class. Participants must be able to forward skate with speed and confidence, perform novice backwards skating strides, and have the basics of controlled skating with a puck. Hockey players in this class will receive instruction that will further develop their hockey skills of puck control, passing, shooting, and scoring.

In addition students in this level can play on a "Scooter" Pond Hockey team.

"SCOOTER" POND HOCKEY (\$66) (Ages 3 - 10yrs) - **(Sunday: 5:55pm)**

"Scooters is highly recommended for skaters participating in the Pre-Hockey levels to compliment their current class registration. "Scooter" Pond Hockey level are hockey teams created from the students of Pre-Hockey classes. Players are placed on "Scooter" teams which play against one another. The goal is for the player to develop an understanding of team/game play, confidence in puck handling, shooting, passing, and scoring skills used at the Team level of play.

What is after Pre-Hockey Level #2 ? Rocky Hockey IN-HOUSE LEAGUE!!

"Hockey is a great game and the Rocky Hockey Youth Pre-Hockey Programs provide it's participants with fitness, fun and friendship" - Rocky Saganiuk

Do you have questions?: (cell) 815-274-1016 (e-mail) RockyHockeyLeaf8@comcast.net

