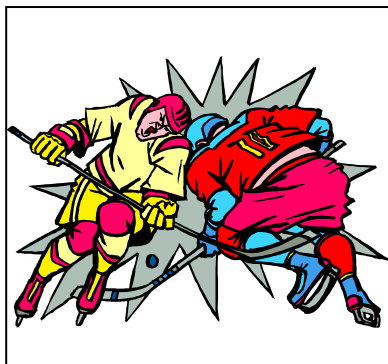


# St. Jude Knights Hockey Club

## CHECKING CLINIC



All **first** year PeeWees (1999's) **must** attend a checking clinic **BEFORE** they begin play in the 2010 Spring Season. Checking clinic is open to all hockey players.

The dates are as follows:

Friday, March 12, 2010 at 6:00 pm – 7:10 pm  
Monday, March 15, 2010 at 8:05 pm – 9:15 pm

***You must attend both sessions to satisfy the AHAI/NIHL/SSHL requirement***

Travel Hockey Director Joe Frankenbach will instruct the checking clinic assisted by St. Jude Coaches

Checking clinic will feature the following concepts:

- Proper balance and stance in order to receive a check and give a check
- Using the boards to brace yourself when being checked
- Proper angles to use when checking
- Proper technique to give and receive a check-Hands and sticks down!
- Keeping head up and not ducking or leaning along the boards

This camp is recommended for all Bantams, PeeWees and second year Squirts.

Players will be paired up by size when checking.

**Cost of the Clinic is \$50.00 – Fee must be paid in full at time of registration**  
**\* Late registration accepted the first day of clinic.**

Questions: Call St. Jude Hockey Club @ (708) 371-3037

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Please mail registration form and check or money order payable to: **St. Jude Hockey Club**  
or drop in St. Jude Mailbox at SIA      Address: 5505 W. 127<sup>th</sup> St. Crestwood, IL 60445

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Level: PeeWees / Bantam / Squirt