



OPT-IN PROGRAM

Skating & Edgework Program

RJMHA U7 PLAYERS



REGISTER ONLINE
RICHMONDJETSMHA.COM

Want to take your skating to the next level?

Our new Jets opt-in skills program is designed for dedicated **U7 players** who want to become more than just an average player and to take their game to new heights. Modern hockey is all about skating, speed and edgework. Our program is the first step to making you son or daughter an elite skater.

Under the direction of our Hockey Program Director **Tim Preston** from **Impact Hockey**, this 10-week program will focus on the foundation of skating science, mechanics, posture and balance.

The emphasis will be on stride, edge control, lateral movement, acceleration, crossovers and pivots in a fast paced, fun environment!

RJMHA U7 Players

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**Thursday Jan 6th to
Thursday Mar 10th**

Inclusive 10-week program (no drop-ins)

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6:30am - 7:30am

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RIC Igloo

Online Registration Opens Thursday Dec 7th at 7:00PM