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B◀A▶M
BALANCE AGILITY MOBILITY
MONCTON



2020-21
WINTER PROGRAMS



SKATING on the EDGE is a skating development program which covers the techniques for maximizing speed on the ice while maintaining control at all times. It encompasses every aspect of skating necessary to develop into a more effective and valuable hockey/ringuette player, pleasure skater or anyone wanting to improve their skating.

Unfortunately skating remains the most neglected skill for a hockey or ringuette player due to the fact that players have so much to think about in a game including stick handling , passing , shooting, body checking and more, that they have little time to think about proper skating technique or how to react on skates to unexpected situations or sudden body checks. A player's skating ability must be honed so sharply that their reactions become instinctive and by nature second hand.

Remember, **HARD WORK AND PROGRESS ARE INSEPARABLE!** The end result of all your efforts will be Skating with **BALANCE, AGILITY and MOBILITY.**

HEAD INSTRUCTOR



Lloyd Watling, a native of Miramichi, brings over 30 years of experience in skating development. He began working with the Newcastle Figure Skating Club as well as working with the CFSA's Can Skate program focusing on working with the younger hockey players. With his move to Moncton, Lloyd quickly became involved with minor hockey as well as becoming a certified CFSA Can Skate Power Skating instructor. The natural progression was the establishment of BAM(Balance, Agility, Mobility) Skating on the Edge program.

Over the last 29 years BAM has helped develop better skaters from the IP to Major Junior players. An Instructor, rather than a coach, Lloyd prides himself on studying the science of skating and developing simple drills to develop skating skills that can be used at an initiation level as well as using the same drills at a quicker pace for Major Junior players.

PROGRAMS

Winter Program - Moncton

THURSDAY EVENINGS

Location to be determined (Avenir, Coliseum or 4-ice)

15 one hour sessions

October - March

The program is designed to improve overall skating speed and control in the various elements of skating including balance, agility and mobility as well as a maintenance component for the minor hockey season.

Sessions will take place on weeknights. Schedule will be geared to avoid conflicts with minor hockey as well as ringette. Detailed schedule will be posted by Sept 23rd.



REGISTRATION INFORMATION

Registration will be accepted on a first come, first served basis. AHG strongly recommends that you send your application as soon as possible to ensure your spot.

Please complete and mail or fax Application Form to:

Atlantic Hockey Group
P.O. Box 1481, Moncton, N.B., E1C 8T6
1 (888) 421-0000 Fax: (506) 854-8200

METHOD OF PAYMENT

- By Cheque** - Cheques payable to : Atlantic Hockey Group
- Credit card** - If paying by credit card, please complete the information required on the application form.
- ONLINE** @ WWW.ATLANTICHOCKEYGROUP.COM

APPLICATION

Name(print): _____
 Mailing Address: _____
 City: _____ Province: _____
 Postal Code: _____
 Home Phone: _____
 E-mail: _____
 Date of Birth: Day _____ Month _____ Year _____
 Father: _____ Mother: _____
 Last division played: _____
 Medicare number: _____

Credit card information

Visa, Mastercard #: _____
 Expiry Date: _____ / _____
 Cardholder's Name: _____

Enrollment limited for all programs

WINTER PROGRAM \$399.00(hst included)

i / we do hereby release Charlie Bourgeois Hockey School Inc., its officers, employees and agents from all liability, claims, cause of action of any kind whatsoever. In respect of damages I / my child may suffer as a consequence of my child sustaining personal injury, death or property damage or loss while participating in programs and activities of the Charlie Bourgeois Hockey School Inc.

Authorized by Parent or Guardian

Date	Deposit	Postdated	Balance

for office use only

