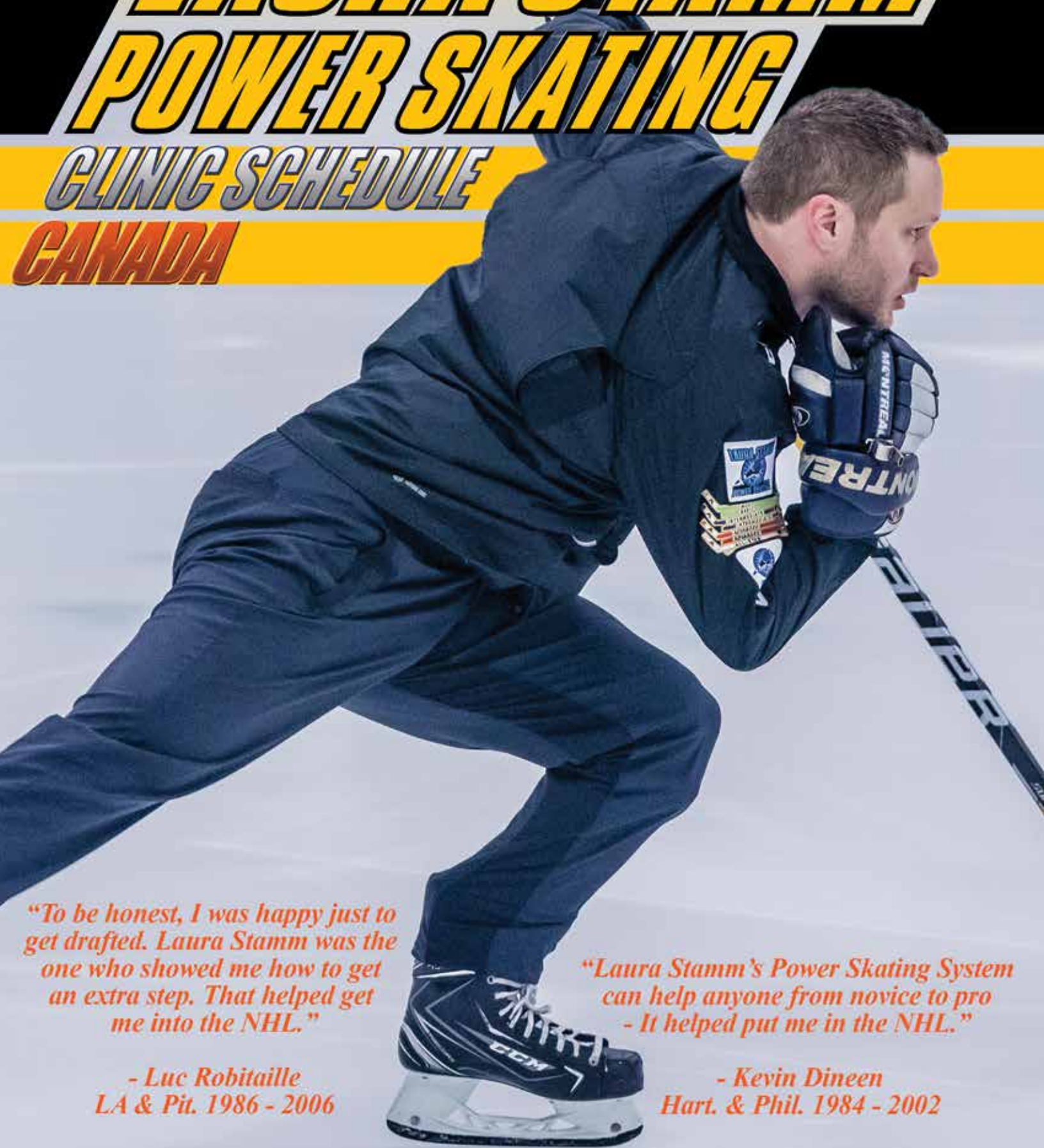


LAURA STAMM POWER SKATING

CLINIC SCHEDULE

CANADA



"To be honest, I was happy just to get drafted. Laura Stamm was the one who showed me how to get an extra step. That helped get me into the NHL."

*- Luc Robitaille
LA & Pit. 1986 - 2006*

"Laura Stamm's Power Skating System can help anyone from novice to pro - It helped put me in the NHL."

*- Kevin Dineen
Hart. & Phil. 1984 - 2002*

ELITE WORKSHOP PLAYERS AGE 15 TO ADULT



For players serious in taking their hockey career to the highest levels (junior, college, pro, etc), we have just what you need. This is the Elite Workshop, and it goes far beyond the regular clinics.

The Elite Workshop is limited to 16 players and usually has a 4-1 student to instructor ratio. Our Elite Workshop is offered at the following locations.

Elite

Elite - Northbrook IL

June 12-14, 9h, \$499
Gp C: Fri 7-9:30pm, Sat 10am-Noon & 7-9,pm, Sun 10am-12:30pm

Elite - Eden Prairie MN

June 26-28, 9h, \$499
Gp C: Fri 7-9:30pm, Sat 10am-Noon & 7-9,pm, Sun 10am-12:30pm

Elite - Brampton ON CAA Centre

July 3-5, 9h, \$499
Gp C: Fri 7-9:30pm, Sat 10am-Noon & 7-9,pm, Sun 10am-12:30pm

POWER SKATING CLINIC PLAYERS AGE 7 TO ADULT



This intensive clinic is six to eight hours over three or four days of all on ice instruction. The student to instructor ratio is usually eight to one (max. group size 34) insuring individual attention for each student. The focus is on developing the proper skating technique as refined by Laura Stamm.

Alberta

Calgary CRS

June 12-14, 6h, \$225
Gp A&B: Fri 6-8pm Sat & Sun 10am-Noon

Calgary Crowchild

August 7-9, 6h, \$225
Gp A&B: Fri 6-8pm Sat & Sun 10am-Noon

Manitoba

Winnipeg

June 19-21, 6h, \$225
Gp A: Fri 5:30-7:30pm, Sat & Sun 10am-Noon
Gp B: Fri 7:30-9:30pm Sat & Sun Noon-2pm

Brandon

July 21-23, 6h, \$225
Gp A&B: Tue-Thur 10am-Noon

Winnipeg

July 24-26, 6h, \$225
Gp A: Fri 5:30-7:30pm, Sat & Sun 10am-Noon
Gp B: Fri 7:30-9:30pm Sat & Sun Noon-2pm

New Brunswick

Fredericton

May 29-31, 6h, \$225
Gp A: Fri 5-7pm Sat & Sun 10am-Noon
Gp B: Fri 7-9,pm Sat & Sun Noon-2pm

Nova Scotia

Halifax

May 26-28, 6h, \$225
Gp A&B: Tue-Thur 6-8pm

Ontario

Brampton

May 8-10, 6h, \$225
Gp A&B: Fri & Sat 6-8pm, Sun 9-11am

London

May 8-10, 6h, \$225
Gp A&B: Fri & Sat 6-8pm, Sun 10am-Noon

North York

May 22-24, 6h, \$225
Gp A&B: Fri 6-8pm Sat & Sun 10am-Noon

Markham

June 12-14, 6h, \$225
Gp A: Fri 5:30-7:30pm, Sat & Sun 10am-Noon
Gp B: Fri 7:30-9:30pm Sat & Sun Noon-2pm

Etobicoke

June 19-21, 6h, \$225
Gp A: Fri 5:30-7:30pm, Sat & Sun 10am-Noon
Gp B: Fri 7:30-9:30pm Sat & Sun Noon-2pm

North York

July 10-12, 6h, \$225
Gp A&B: Fri 6-8pm Sat & Sun 10am-Noon

London

July 10-12, 6h, \$225
Gp A: Fri 5-7pm Sat & Sun 11am-1pm
Gp B: Fri 7-9,pm Sat & Sun 1-3pm

Cambridge

July 17-19, 6h, \$225
Gp A&B: Fri 6-8pm Sat & Sun 10am-Noon

Ottawa

July 17-19, 6h, \$225
Gp A: Fri 5:30-7:30pm, Sat & Sun 10am-Noon
Gp B: Fri 7:30-9:30pm Sat & Sun Noon-2pm

Oakville

July 20-23, 6h, \$225
Gp A&B: Mon-Thur 11:30am-1:30pm

Kitchener

July 24-26, 6h, \$225
Gp A&B: Fri 6-8pm Sat & Sun Noon-2pm

Etobicoke

August 7-9, 6h, \$225
Gp A: Fri 5:30-7:30pm, Sat & Sun 10am-Noon
Gp B: Fri 7:30-9:30pm Sat & Sun Noon-2pm

Thunder Bay

August 17-19, 6h, \$225
Gp A: Mon-Wed 5-7pm
Gp B: Mon-Wed 7-9,pm

Prince Edward Island

Cornwall

May 22-24, 6h, \$225
Gp A&B: Fri 6-8pm Sat & Sun 10am-Noon

Quebec

Montreal

June 26-28, 6h, \$225
Gp A&B: Fri 6-8pm Sat 10am-Noon
Sun 11am-1pm

Saskatchewan

Regina

July 18-19, 6h, \$225
Gp A&B: Sat 10am-Noon & 4-6pm, Sun 10am-Noon



For schedule details and updates, rink locations and maps, be sure to visit our www.LauraStamm.ca

REGISTER NOW

Online: www.laurastamm.ca,
Check online for clinic times & availability

Fax: (269)226-9190

Mail: Laura Stamm Power Skating
4178 107th Ave
Allegan, MI 49010

*New player or pro,
you'll learn the
same techniques as
the Rangers,
the Devils,
the Swedish National Team
and so many more
of the world's
top players.*

MISSION STATEMENT

To provide the best Power Skating instruction for Hockey players in the world. We demand that our staff be highly skilled and professional at all times to ensure the best possible results for our students.

*Only
Perfect Practice
Makes Perfect*

WAIVER AND RELEASE

In consideration of being allowed to participate as a student, instructor, counselor, assistant, coach or volunteer (herein called "Participant") in a Power Hockey ("PH") Program, commonly known as the Laura Stamm Int'l Power Skating System, or Laura Stamm's Power Skating the undersigned understands, acknowledges and agrees that:

1. The sports of ice skating, ice hockey, in-line skating, and associated dry land training activities and instructing/coaching these activities have inherent physical risks. The exercises, moves and techniques practiced, taught and/or demonstrated by Participants in Laura Stamm Power Skating Programs carry such risks, including (without limitation) the risk of bodily injury, paralysis or death due to falling on the ice, colliding with players or other instructors, and/or bumping into any player's/instructor's equipment, skates or sticks. Using proper equipment, following the rules and exercising discipline may reduce the risks.
2. I understand and voluntarily assume the risks, whether known or unknown. I fully and unconditionally assume responsibility for my child's (my) participation. My child (I) will comply with the stated and customary terms and conditions for participation and recognize that doing so will not eliminate all risk from the activities. If I observe any unusual significant hazard I will immediately bring such hazard to the attention of the nearest official.
3. Participant fully and unconditionally release Laura Stamm Power Skating Inc., and (Power Hockey), their owners, officers, directors, managers, employees, and agents, from any and all loss damage, responsibility, obligation or liability if Participant is an instructor, counselor or assistant) arising out of any illness or injury I may incur during my time as Participant in a Laura Stamm Power Skating Program.
4. Participant is responsible for any and all medical costs for any injuries arising from or around PH activities. I understand that neither PH nor the ice facility are responsible for any loss or damage to my personal items at the facility.
5. Participant has no known medical condition that restricts or prohibits participation in ice hockey, ice skating, in-line-skating or any related activity or puts him or her at greater risk of injury or death resulting from any risks associated with participating in the clinic. PH recommends a medical examination before participation.
6. Participant shall act in a mature and responsible manner. Any behavior that PH deems to endanger the safety of other persons or property, or jeopardize PH ability to lease ice or otherwise conduct its business, will result in the student's immediate expulsion. Participant may be expelled from a PH program for any of the following reasons: a) financial delinquency; b) failure to abide by all PH and ice rink rules and directives; c) falsification of registration information.
7. PH may use, without compensation to the undersigned or participant, any photo, audio and/or video recording of any PH activity in which the participant appears, for promotional, advertising or educational purposes.
8. The undersigned acknowledges that PH owners, managers, agents and representatives have made no representations, warranties, inducements or promises which are not contained herein and that this signed form represents the entire Agreement between the undersigned and PH.
9. In the case of a medical emergency I give permission for PH, its officers, officials, employees, instructors, and agents to seek medical attention for myself (if over 18), or for my child, if I, the parent or legal guardian, am absent.

I have read this Agreement and Waiver/Release, fully understand its terms, and agree voluntarily and without inducement.

Signature of Parent or Guardian (Self if over 18)

Date

Print Parent/Guardian Name (self if over 18)

REGISTRATION FORM

Student Name

Address

City

State

Zip

Age

Level of Play (house/travel)

Parents Name

Email Address

Phone (Day)

(Eve)

How did you hear of us?

Group: A (ages 7-10) B (11-adult) C (15-adult) Clinic Start Date

Clinic City & Rink

Payment Method: Check Visa MC Discover Amount \$

Card #

Exp. Date (m/y)

Card Holder Signature

Card Holder Name

FIRM FOUNDATION VS CHALLENGE

There is something to be said about the benefits of challenging your player to perform at a slightly higher level than they currently are at. This pushes or trains them to think faster, react faster to changing situations and basically push the envelope. They think they found their limit but you can teach them to perform above that limit. Basically teach them with perseverance and determination they can push past their perceived limits and overcome obstacles in anything or everything they do.

ATHLETICISM VS SKILL.

However challenging the player by placing them outside their comfort zone is not always the best method to increase a player's performance. Placing them on a tread mill and speeding it up or towing them down the ice with a bungee cord will teach the players to move their feet faster and could lead to some increase in speed. But if you teach them how to skate more effectively and efficiently you can also increase their speed.

At Laura Stamm Power Skating we focus on teaching the proper skating techniques to increase the players efficiency and effectiveness. We do this by having the players (at all levels) practice well within their comfort level. Once we fix their technique we bring them back up to speed so they can feel the effectiveness of skating done correctly.

Laura tells us the steps to proper skating development are Phase 1 Skating correctly, then skating fast and correctly. Phase 2 is skating correctly with the puck. Phase 3 is skating with the puck under pressure situations. But how do you know when your player should be moving from Phase 1 to Phase 2?...

[more on this article at www.laurastamm.ca]

**ONLY PERFECT
PRACTICE MAKES
PERFECT**

THE LAURA STAMM POWER SKATING SYSTEM

My program syllabus is structured much like a pyramid - it focuses on establishing a strong foundation, with ever increasing subtleties as one nears the top. Laura Stamm Power Skating remains the model against which other power skating programs are measured.

Four books, two videos, several thousands of amateur and pro students, and 40 years later, I'm still at it - still learning, still experimenting, still believing that the most important aspect of a hockey player's training

is to develop correct skating techniques. It's hard for me to understand that I jump-started the careers of hundreds, maybe thousands, of pro players; spawned the development of an entire industry, and was the model for and often the teacher of an entire generation of power skating instructors who followed in my footsteps.

- Laura Stamm

**LAURA STAMM
POWER SKATING**



**TAKE YOUR
GAME TO THE
NEXT LEVEL**

**Laurastamm.ca
CA 800-320-9558**

RINK, Date Range, 2020

Gp A: Day of Week and time

Gp B: Day of Week and time