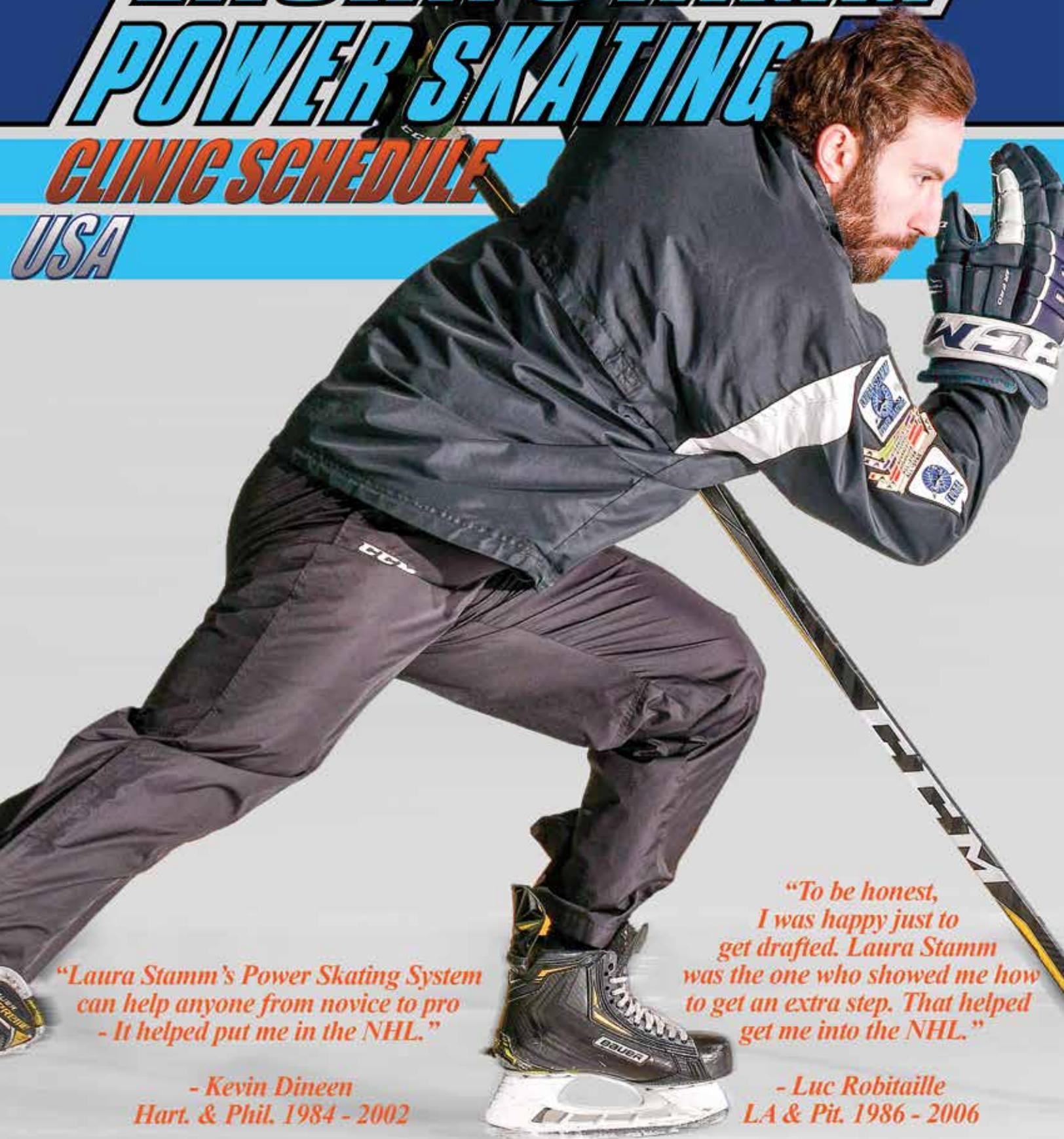


# LAURA STAMM POWER SKATING

## CLINIC SCHEDULE

### USA



*"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*

*"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*

## 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 Workshop

- Northbrook IL: June 12-14 ..... \$499
- Eden Prairie MN: June 26-28 ..... \$499
- Brampton ON CAA Centre: July 3-5 \$499

*It's Time to  
Maximize Your  
Speed*

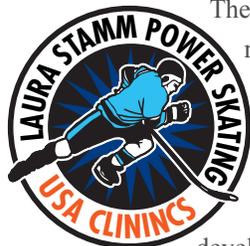
## POWER SKATING CLINIC PLAYERS AGE 7 TO ADULT

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.

### Alaska

- Anchorage: August 14-16..... \$225



## Colorado

- Fort Collins: June 5-7..... \$225
- Denver - Centennial: June 8-10.. \$225
- Colorado Springs: July 17-19 ..... \$225
- Westminster: July 31-August 2.... \$225

## Idaho

- Boise: June 19-21 ..... \$225

## Illinois

- Romeoville: March 27-29..... \$225
- West Dundee: June 5-7 ..... \$225
- Northbrook: June 15-18..... \$299
- Bolingbrook: June 22-24 ..... \$225
- Bloomington: June 26-28 ..... \$225
- Bensenville: June 29-July 1 ..... \$225
- Northbrook: July 17-19..... \$225
- Buffalo Grove: July 24-26 ..... \$225
- Bensenville: July 27-30 ..... \$299
- Bolingbrook: August 5-7 ..... \$225

*IT's Time to  
Maximize your  
Power*

## Michigan

- Grand Rapids: April 3-5 ..... \$225
- Saginaw: April 3-5 ..... \$225
- Sault Ste Marie: April 17-19..... \$225
- Detroit - Fraser: June 5-7 ..... \$225
- Traverse City: July 10-12 ..... \$225
- Ann Arbor: July 13-15 ..... \$225
- Kalamazoo: July 24-26 ..... \$225
- Grand Rapids: August 3-5 ..... \$299
- Troy: August 7-9..... \$225

## Minnesota

- Elk River: March 13-15..... \$225
- Blaine: March 20-22 ..... \$225
- Duluth: March 27-29..... \$225
- Cottage Grove: May 1-3 ..... \$225
- Plymouth: May 8-10 ..... \$225
- Rochester: June 5-7..... \$225
- Eden Prairie: July 10-12..... \$225
- Woodbury: August 3-5 ..... \$225
- Blaine: August 7-9 ..... \$225
- Mankato: August 18-20..... \$225
- Maple Grove: September 4-6 ..... \$225
- Burnsville: September 18-20 ..... \$225

## Missouri

- St Peters: April 24-26 ..... \$225
- St Peters: June 1-4..... \$299
- Fenton: July 31-August 2 ..... \$225

## Montana

- Billings: August 10-12 ..... \$225

## North Dakota

- Fargo: July 13-15..... \$225

## Ohio

- Columbus Ice Haus: April 24-26. \$225
- Columbus Easton: June 19-21 ... \$225
- Cleveland: June 26-28 ..... \$225
- Springfield: July 17-19 ..... \$225
- Columbus North: August 14-16 .. \$225

## South Dakota

- Sioux Falls: June 12-14..... \$225

## Texas

- Dallas Allen: May 29-31 \$ ..... \$309
- Houston: July 20-22 ..... \$225
- San Antonio: August 7-9..... \$225

## Utah

- Salt Lake: August 7-9..... \$225

## Wisconsin

- Superior: June 26-28..... \$225
- Appleton: July 10-12 ..... \$225
- Onalaska: July 17-19..... \$225
- Eau Claire: July 24-26 ..... \$225
- McFarland: August 3-6 ..... \$299
- Milwaukee: August 14-16 ..... \$225

*Are Your Ready  
to Explode at  
the Drop of  
the Puck?*

*Ready to  
Break Away  
From the Pack?*

*Your Time is Now!*

For schedule details and updates, rink locations and maps, be sure to visit our [www.LauraStamm.net](http://www.LauraStamm.net)

## REGISTER NOW

**Online:** [www.laurastamm.net](http://www.laurastamm.net),  
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.

## 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:

- 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.
- 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.
- 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.
- 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.
- 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.
- 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.
- 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.
- 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.
- 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.net](http://www.laurastamm.net)]*

**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.net  
USA 800-320-9558**

**RINK, Date Range, 2020**  
Gp A: Day of Week and time  
Gp B: Day of Week and time