Power Skating

Skating requires a lot of practice and is one of the most important hockey skills. With motivation and proper instruction, you can make significant improvements in this vital player skill. Power Skating with Patty DeLisi is designed to improve the skating ability of hockey players of all ages. Each session uses a combination of drills and instruction that have proven effective in elevating the player’s ability to new levels. This course is an excellent resource and opportunity for you or your young skater. All students must have completed Hockey 2 in the Introduction-to-Hockey program or possess a comparable level of skating skills to participate in the Power Skating class.

Program # 440

Cost: $130 per player; $120 per additional family member

Dates: Sundays, 8:45-7:45 p.m.
June 12, 19, 26
July 10, 17, 24, 31
Aug. 7
No class: July 3

Instructor: Former Washington Capital power skating coach, Patty DeLisi has been with the UD Hockey Staff for the past several years. Patty created, directed and taught her own power skating school for hockey players in Pittsburgh. She has many years of experience in the development and redevelopment of specific speed skills from the recreational level through college level to the NHL level. She is aware of the importance of the correct use of legs in coordination with the upper body.

Contact Clinic

One of the most intimidating aspects in the sport of ice hockey is the transition to full contact. Like any other skill, it takes practice and instruction in order to be effective on the ice. The Contact Clinic offers players of all experience levels the chance to work on an often-misunderstood tool, the check. Checking and taking a check are taught through a series of confidence-building drills over an eight-week session every Thursday night at 7:45 p.m., starting June 16. We encourage all In-House and Travel players to come out and gain the confidence needed to be effective in contact. We also have a Contact Clinic for our youngest players who have completed Hockey 2 in the Introduction-to-Hockey program or possess a comparable level of skating to participate in the Contact Clinic. Each session uses a combination of drills and instruction that have proven effective in elevating the player’s ability to new levels. This course is an excellent resource and opportunity for you or your young skater. All students must have completed Hockey 2 in the Introduction-to-Hockey program or possess a comparable level of skating skills to participate in the Contact Clinic.

Program # 441

Cost: $130 per player; $120 per additional family member

Dates: Thursdays, 7:45-8:45 p.m.
June 16, 23, 30
July 7, 14, 21, 28
Aug. 4

Thank you for choosing to join the University of Delaware Ice Arenas for another season of ice hockey.

This summer, we are happy to offer another season of in-house hockey for all age groups, as well as power skating and a contact clinic. Mark Catron will host its 16th Players Edge this family. It’s also a great time to enjoy the evenings on the ice in a fun, relaxed learning environment. Check out these summer skating savings! --You must attach this coupon with your registration to get the discount—

Check out these summer skating savings!

Save $20
Register for Summer Hockey by May 6, 2005, and use this coupon to get $20 off your registration fee.

Save $60
Register for both the Power Skating and Contact Clinics and pay only $200 with this coupon, a savings of $60.

—You must attach this coupon with your registration to get the discount—
**Summer 2005**

**In-House League – Program #435**

Cost: $245 per player, $225 per additional family member

Ages 8-10 In-House  
Evaluations: 7:45-8:45 p.m., Tuesday, May 24, GOLD ARENA

Ages 11-14 In-House  
Evaluations: 6:45-7:45 p.m., Wednesday, May 25, GOLD ARENA

**Cross Ice League* – Program #432**

Cost: $195 per player, $175 per additional family member

Evaluations: 6:30-7:30 p.m., Tuesday, May 24, GOLD ARENA

* A 10 & Under In-House program will be set up if it benefits the program. A decision on this matter will be made prior to the start of the season and will be based on the number of players who register. If you have questions, call (302) 831-1350.

Teams will be assigned after evaluations. Schedules will be distributed at the first team practice and posted on the Ice Arena web site [www.udel.edu/icearena/]. Full equipment is required for in-house, and team jerseys will be provided. The program is 10 weeks long.

For information, call (302) 831-1350 or visit [www.udel.edu/icearena/].

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**High School League Program #435**

Cost: $245 per player; $2,500 per team (participants still need to complete the player registration form)

Evaluations: 6:30-8 p.m., Thursday, May 26, GOLD ARENA

Full equipment is required of all participants. Jerseys will be provided to all teams. Team schedules will come out at the first practice.

Full teams should commit by the May 13, 2005 and a league meeting will be held the week of May 16, 2005, to cover league specifics.

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Attention, High School Hockey Players!

The end of the school year doesn’t mean you have to stop playing hockey with your friends and teammates. The University of Delaware Ice Arena In-House Program is offering a High School League (for those 15-17 years old) that accepts full teams to register and play together against other high school teams. Players register with their high school team and pay a collective team fee of $2,500 for the season. Players not involved in high school hockey can still register individually and play for an independent in-house team. (Cost is $245 per person).

Coaches should collect all registration forms and hand in one check for $2,500. Volunteer coaches will be needed to staff the independent team; interested persons should call the hockey office at (302) 831-1350 or e-mail Jeff Cousin at [jcousin@udel.edu]. All team practices and game times will remain the same throughout the 10-week, 12-game season. Additional practice time is possible depending on ice availability, and ALL games will be played in the Fred Rust Ice Arena.

Summer is a great time to challenge yourself and train with your teammates for next season so take advantage of our High School Hockey League at the University of Delaware Ice Arenas.

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**Proposed Practice & Game Schedule**

This schedule could change slightly depending on the number of teams.

**Season June 6–Aug. 12**

**CROSS ICE & 8–10 IN–HOUSE**

<table>
<thead>
<tr>
<th>DAY</th>
<th>TIME</th>
<th>ACTIVITY</th>
<th>RINK</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>6:20-7:30 p.m.</td>
<td>Game</td>
<td>Rust</td>
</tr>
<tr>
<td></td>
<td>7-8 p.m.</td>
<td>Practice</td>
<td>Gold</td>
</tr>
<tr>
<td>Friday</td>
<td>6:20-7:35 p.m.</td>
<td>Game</td>
<td>Rust</td>
</tr>
<tr>
<td></td>
<td>7-8 p.m.</td>
<td>Practice</td>
<td>Gold</td>
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**11–14 IN–HOUSE**

<table>
<thead>
<tr>
<th>DAY</th>
<th>TIME</th>
<th>ACTIVITY</th>
<th>RINK</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday</td>
<td>7:40-8:40 p.m.</td>
<td>Practice</td>
<td>Gold</td>
</tr>
<tr>
<td></td>
<td>7:10-8:10 p.m.</td>
<td>Practice</td>
<td>Gold</td>
</tr>
<tr>
<td>Wednesday</td>
<td>7:40-9 p.m.</td>
<td>Game</td>
<td>Rust</td>
</tr>
<tr>
<td>Friday</td>
<td>7:45-9:05 p.m.</td>
<td>Game</td>
<td>Rust</td>
</tr>
</tbody>
</table>

**High School League Proposed Practice & Game Schedule**

Times may change depending on the total number of teams.

**15–17 HIGH SCHOOL**

<table>
<thead>
<tr>
<th>DAY</th>
<th>TIME</th>
<th>ACTIVITY</th>
<th>RINK</th>
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</thead>
<tbody>
<tr>
<td>Monday</td>
<td>8:10-9:10 p.m.</td>
<td>Practice</td>
<td>Gold</td>
</tr>
<tr>
<td></td>
<td>9:20-10:20 p.m.</td>
<td>Practice</td>
<td>Gold</td>
</tr>
<tr>
<td></td>
<td>8:40-10:10 p.m.</td>
<td>Game</td>
<td>Rust</td>
</tr>
<tr>
<td>Tuesday</td>
<td>8:50-10:20 p.m.</td>
<td>Game</td>
<td>Rust</td>
</tr>
<tr>
<td>Wednesday</td>
<td>9:10-10:40 p.m.</td>
<td>Game</td>
<td>Rust</td>
</tr>
<tr>
<td>Thursday</td>
<td>9:10-10:40 p.m.</td>
<td>Game</td>
<td>Rust</td>
</tr>
</tbody>
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