Dear Hockey Parents and Players:

Thank you for your continued support of the University of Delaware Community Hockey Programs. I hope you are enjoying this season and look forward to continuing your development by taking advantage of our spring skills development opportunities. The hockey staff is busy preparing for powerskating, goaltending and puck control clinics that will be offered this spring. Spring is the perfect time to take a breather after the regular season and work on your own individual skills, in a more relaxed setting. This flyer lists the clinics and programs we are offering this spring. Please visit [http://www.udel.edu/icearena/general/register.html](http://www.udel.edu/icearena/general/register.html) to download a registration form for these clinics.

As a special thank you for your support, UD is once again offering a special $60 discount if you sign up for both the power skating and puck control clinics. Goaltenders who sign up for the goaltending clinic can register for either puck control or power skating for only $100!

For those of you interested in our summer in-house leagues which will start after Memorial Day weekend, specific details will be mailed in early April, including the practice and game schedule for each age division.

Again, thank you for being part of the University of Delaware Junior Blue Hen Hockey Program. Your time and dedication help make this program the best in the area. Please contact me directly with any questions regarding the enclosed information at 302-831-1350 or email me at [jcousin@udel.edu](mailto:jcousin@udel.edu). I look forward to seeing everyone this spring and summer!

Jeff Cousin
Community Hockey Director

---

**Save $60 with our package deal!**

Register for both the Power Skating and Puck Control Clinics for only $200, a savings of $60 off the normal registration price.

—Please attach this coupon with your registration.—

**Just for Goaltenders!**

Goaltenders, you can register for either the Puck Control or the Power Skating Clinic for only $100 when you register for the Goaltending Clinic.

—Please attach this coupon with your registration.—

---

**UNIVERSITY OF DELAWARE WAIVER FORM**

In consideration of the privilege of using the University of Delaware Ice Arena and understanding there are inherent risks in connection with the activity, I (we) hereby assume these risks, waive any possible claim that may arise against the University, its trustees, employees and agents for any damages or injuries sustained in the course of the activity and agree to indemnify and save harmless and not to assert a claim against or sue the University, its trustees, employees or agents for any such damages or injuries or for any and all other claims which may arise in connection with my (our) use of the Ice Arenas.

Participant's Name: __________________________________________

Parent's / Guardian's Signature: __________________________________________

Date: ____________________________
Sign up now for one of our Spring Skills Clinics!

**Power Skating**
Provides players with the essential skills needed to improve skating power and agility. Stress a hockey player's most important skill. Must have passed Hockey 2.

*Program #340*
- Mondays, 6:45-7:45 p.m., GOLD ARENA
- March 14, 21, 28
- April 4, 11, 18, 25
- May 2
- Cost: $130, $120 for each additional family member

**Puck Control**
Emphasis will be placed on stick handling and receiving and passing the puck in game-oriented drills. Helps students improve puck control and game speed by providing fast-paced drills and implementation of proper mechanics. Must have passed Hockey 2.

*Program #341*
- Thursdays, 6:45-7:45 p.m., GOLD ARENA
- March 17, 24, 31
- April 7, 14, 21, 28
- May 5
- Cost: $130, $120 for each additional family member

Sticks and gloves are required, along with helmet and full face shield. Additional equipment, if required, will be assigned by the instructor.

**Goaltending**
Low student-to-instructor ratio allows goaltenders to receive personal attention and goaltender-specific training. Targets unique aspects of goaltending in hockey. Only goalies are on ice for this session.

*Program #342*
- Wednesdays, 6:45-7:45 p.m., GOLD ARENA
- March 16, 23, 30
- April 6, 13, 20, 27
- May 4
- Cost: $150, $130 for each additional family member

Meet the Coaches

**Puck Control**

**Jeff Cousin**
The program director for the University of Delaware coaches and assists his experienced hockey staff for the second year. Jeff has been involved in the sport of ice hockey since youth, and he has worked in camps at the University of Delaware and Penn State University hockey programs. A former defenseman himself, Jeff will bring together a talented group of coaches to provide a diverse puck control clinic.

**Power Skating**

**Patty DeLisi**
The former Washington Capitals power skating coach, Patty also created, directed and taught her own power skills school for hockey players in Pittsburgh. Patty has many years of experience specializing in the development 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 the legs in coordination with the upper body. She has been on the UD staff for the past several years and has worked in the power skating program in the spring and summer.

Additional coaches will assist in the Goaltending and Puck Control Classes.

**Goaltending**

Low student-to-instructor ratio allows goaltenders to receive personal attention and goaltender-specific training. Targets unique aspects of goaltending in hockey. Only goalies are on ice for this session.

*Program #342*
- Wednesdays, 6:45-7:45 p.m., GOLD ARENA
- March 16, 23, 30
- April 6, 13, 20, 27
- May 4
- Cost: $150, $130 for each additional family member

**Puck Control**

**Mike Schlegel**
Mike has been a part of the University of Delaware hockey goaltending scene for almost 20 years. His background begins with the Pittsburgh High School Hockey League, and he played with the UD Men’s Team from 1986-88. He served as the head goalie coach for the team soon after. Mike is well established in the youth program here at the University and will bring a fresh energy and insight into the developing goaltenders of the local area.

**Power Skating**

**Patty DeLisi**
The former Washington Capitals power skating coach, Patty also created, directed and taught her own power skills school for hockey players in Pittsburgh. Patty has many years of experience specializing in the development and re-development 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 the legs in coordination with the upper body. She has been on the UD staff for the past several years and has worked in the power skating program in the spring and summer.

Additional coaches will assist in the Goaltending and Puck Control Classes.

**Goaltending**

Low student-to-instructor ratio allows goaltenders to receive personal attention and goaltender-specific training. Targets unique aspects of goaltending in hockey. Only goalies are on ice for this session.

*Program #342*
- Wednesdays, 6:45-7:45 p.m., GOLD ARENA
- March 16, 23, 30
- April 6, 13, 20, 27
- May 4
- Cost: $150, $130 for each additional family member

Meet the Coaches

**Puck Control**

**Jeff Cousin**
The program director for the University of Delaware coaches and assists his experienced hockey staff for the second year. Jeff has been involved in the sport of ice hockey since youth, and he has worked in camps at the University of Delaware and Penn State University hockey programs. A former defenseman himself, Jeff will bring together a talented group of coaches to provide a diverse puck control clinic.

**Power Skating**

**Patty DeLisi**
The former Washington Capitals power skating coach, Patty also created, directed and taught her own power skills school for hockey players in Pittsburgh. Patty has many years of experience specializing in the development and re-development 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 the legs in coordination with the upper body. She has been on the UD staff for the past several years and has worked in the power skating program in the spring and summer.

Additional coaches will assist in the Goaltending and Puck Control Classes.

**Goaltending**

Low student-to-instructor ratio allows goaltenders to receive personal attention and goaltender-specific training. Targets unique aspects of goaltending in hockey. Only goalies are on ice for this session.

*Program #342*
- Wednesdays, 6:45-7:45 p.m., GOLD ARENA
- March 16, 23, 30
- April 6, 13, 20, 27
- May 4
- Cost: $150, $130 for each additional family member

**Puck Control**

**Mike Schlegel**
Mike has been a part of the University of Delaware hockey goaltending scene for almost 20 years. His background begins with the Pittsburgh High School Hockey League, and he played with the UD Men’s Team from 1986-88. He served as the head goalie coach for the team soon after. Mike is well established in the youth program here at the University and will bring a fresh energy and insight into the developing goaltenders of the local area.

**Power Skating**

**Patty DeLisi**
The former Washington Capitals power skating coach, Patty also created, directed and taught her own power skills school for hockey players in Pittsburgh. Patty has many years of experience specializing in the development and re-development 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 the legs in coordination with the upper body. She has been on the UD staff for the past several years and has worked in the power skating program in the spring and summer.

Additional coaches will assist in the Goaltending and Puck Control Classes.

**Goaltending**

Low student-to-instructor ratio allows goaltenders to receive personal attention and goaltender-specific training. Targets unique aspects of goaltending in hockey. Only goalies are on ice for this session.

*Program #342*
- Wednesdays, 6:45-7:45 p.m., GOLD ARENA
- March 16, 23, 30
- April 6, 13, 20, 27
- May 4
- Cost: $150, $130 for each additional family member

Meet the Coaches

**Puck Control**

**Jeff Cousin**
The program director for the University of Delaware coaches and assists his experienced hockey staff for the second year. Jeff has been involved in the sport of ice hockey since youth, and he has worked in camps at the University of Delaware and Penn State University hockey programs. A former defenseman himself, Jeff will bring together a talented group of coaches to provide a diverse puck control clinic.

**Power Skating**

**Patty DeLisi**
The former Washington Capitals power skating coach, Patty also created, directed and taught her own power skills school for hockey players in Pittsburgh. Patty has many years of experience specializing in the development and re-development 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 the legs in coordination with the upper body. She has been on the UD staff for the past several years and has worked in the power skating program in the spring and summer.

Additional coaches will assist in the Goaltending and Puck Control Classes.

**Goaltending**

Low student-to-instructor ratio allows goaltenders to receive personal attention and goaltender-specific training. Targets unique aspects of goaltending in hockey. Only goalies are on ice for this session.

*Program #342*
- Wednesdays, 6:45-7:45 p.m., GOLD ARENA
- March 16, 23, 30
- April 6, 13, 20, 27
- May 4
- Cost: $150, $130 for each additional family member

**Puck Control**

**Mike Schlegel**
Mike has been a part of the University of Delaware hockey goaltending scene for almost 20 years. His background begins with the Pittsburgh High School Hockey League, and he played with the UD Men’s Team from 1986-88. He served as the head goalie coach for the team soon after. Mike is well established in the youth program here at the University and will bring a fresh energy and insight into the developing goaltenders of the local area.

**Power Skating**

**Patty DeLisi**
The former Washington Capitals power skating coach, Patty also created, directed and taught her own power skills school for hockey players in Pittsburgh. Patty has many years of experience specializing in the development and re-development 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 the legs in coordination with the upper body. She has been on the UD staff for the past several years and has worked in the power skating program in the spring and summer.

Additional coaches will assist in the Goaltending and Puck Control Classes.

**Goaltending**

Low student-to-instructor ratio allows goaltenders to receive personal attention and goaltender-specific training. Targets unique aspects of goaltending in hockey. Only goalies are on ice for this session.

*Program #342*
- Wednesdays, 6:45-7:45 p.m., GOLD ARENA
- March 16, 23, 30
- April 6, 13, 20, 27
- May 4
- Cost: $150, $130 for each additional family member