

# P.O.W.E.R. SKATING

## HOCKEY CLINIC SEPT 25<sup>th</sup> – 27<sup>th</sup>

Register @ [www.cheboyganhockey.com](http://www.cheboyganhockey.com)



**P.O.W.E.R.**  
*skating*   
Performance Optimized With Edges & Reactions

The **Cheboygan Hockey Association** is pleased to announce the upcoming **P.O.W.E.R. SKATING CLINIC**. The schedule will include both on and off ice sessions for youth hockey players of all ages. The on-ice focus will consist of deep edge control, quick transitions, agility and balance drills as well as many other skating movements that are applicable to the game of hockey. The off-ice portion will demonstrate dynamic warm-ups and provide examples of off-ice training drills that will compliment and improve a player's on ice performance. Whether you need to make improvements on certain skating skills or further develop skills that you already know, this clinic will cater to all of your skating and training needs. The instructor for these sessions is Marcie Kierpiec. Below are some of her coaching highlights:

- Level 4 coach through USA Hockey with 34 years of coaching experience
- Lead skating instructor for the Michigan High School Hockey Excellence Program
- On-ice skating instructor and off-ice strength coach for U18 Compuware AAA team, U16 Compuware AAA team and U14 Honey Baked AAA team (seasons 2016-2019)
- Holds a degree in Exercise Science with a focus on Strength and Conditioning which included an internship (Fall 2016) with USA Hockey's NTDP where she worked with both the U18 and U17 teams during their off-ice training sessions, as well as, on ice with the U17 team by assisting their regular power skating instructor
- Lead skating instructor for a number of youth hockey teams in lower Michigan, including the Lansing Spartans ('06 and '09 teams) and Flint Jr. Firebirds ('07 and U19 Girls' teams)
- Featured speaker at USAH coaching clinics (Levels 1-4) throughout the state of Michigan where she discusses the topic of a practical approach to age-appropriate skating.