INTERNATIONAL

DO YOU REALLY want to skate FAST?

THE ULTIMATE
Technique Training for
EXPLOSIVE SPEED

LAURA STAMM
INTERNATIONAL

POWER SKATING

SYSTEM
since 1971

All Skill Levels
Custom Programs
Available for Teams, Associations & Rinks!

Register Online
laurastamm.com
Or Call 1.800.750.3502
What is Power Skating?

Hockey kids are put on the ice and told to “move your feet fast.” Too many learn to move their feet fast, but end up going nowhere fast. They need to be taught the proper techniques necessary to GO FAST. This is POWER SKATING.

Power Skating is often thought of as conditioning for hockey players. WRONG! The true purpose of power skating is to teach players “how to go somewhere – FAST.”

Players who attend our power skating programs learn how to go FAST by learning how to properly execute every maneuver in the hockey repertoire. They become powerful, stable, efficient, and explosively fast skaters.

How You Progress Through Laura’s System

We use a unique testing system developed by Laura Stamm. The purpose of this is to help players measure their improvement as they progress through our programs. As players move up through the testing system, their knowledge and ability to perform complicated skating maneuvers improves dramatically.

Returning Laura Stamm students are given the option to have their skills tested through our Achievement Ranking System and compared to the standards set by Laura Stamm. There are 8 tests designed in increasing difficulty. The final test requires players to perform the most complex hockey moves, all done at top speed and with a puck.
Why Laura Stamm’s System

- Recognized worldwide as the leader in speed development
- 45+ years of power skating instruction experience
- Hockey specific skating instruction
- Easy to understand
- Visualization teaching techniques
- Building block format
- Instructors trained and certified by Laura Stamm

Programs Offered

<table>
<thead>
<tr>
<th>Programs Offered</th>
<th>Description</th>
</tr>
</thead>
</table>
| **Clinics** | 4 – 6 Hours On-Ice  
Maneuvers Covered:  
- Balance  
- Forward/Backward Stride  
- Crossovers  
- Explosive Starts/ Stops  
- Speed with Pucks  
- Resistance Drills  
36 Players Max |
| **Super Clinics** | 7 – 10 Hours On-Ice  
Maneuvers Covered in addition to Clinics:  
- Lateral Mobility  
- Turns and Transitions  
- Agility Moves with pucks  
- Angling  
- Video Analysis (select programs only)  
36 Players Max |
| **Advanced Clinics** | 8 – 10 Hours On-Ice  
For Travel Players that have already completed a Laura Stamm Program.  
Maneuvers Covered in addition to Clinics and Super Clinics:  
- Tight Turns  
- Change of Speed Moves  
- Advanced Agility Moves  
- Cross Over Toe Starts  
28 Players Max |
| **Workshops** | 7 – 9 Hours On-Ice  
- Intensive, individualized training for high level players  
- Individual Video Analysis  
- **Select**: High Level Pee-Wee and Up (AA & AAA ONLY)  
20 Players Max  
- **Elite**: Varsity HS, Junior, Prep, College & Pro Players (15 years old and Up)  
16 Players Max |
2019 SCHEDULE

Clinic = CL  Super Clinic = SC
Advanced Clinic = AC  Elite & Select Workshop = WS
***We screen players for Advanced Clinics and Workshops***

**Group A:** Ages 7 – 11: Older players can take Group A if they feel it would be more appropriate for their skill level.

**Group B:** Ages 11 – Adult: Recommended for 11 year old travel hockey players and 11 year old returning Laura Stamm students.

**Group C:** Read program description for ages and program type.

### CALIFORNIA

**ESCONDIDO**
Fri. – Sun.
(Ace-Plex)
Group A: 4/26: 5:30pm – 7:30pm
4/27 & 4/28: 8:00am – 10:00am
Group B: 4/26: 7:45pm – 9:45pm
4/27 & 4/28: 10:15am – 12:15pm
April 26 - 28
(CAL) $229

**LAKEWOOD**
Mon. – Wed.
(Ther Rinks - Lakewood Ice)
Ages 7 – Adult
5:10pm – 7:10pm
May 24 – May 1
(CAL) $229

**OAKLAND**
Fri. – Sun.
(Oakland Ice Center)
Group A: Check Website For Times
Group B: Check Website For Times
May 3 - 5
(CAL) $219

**FREMONT**
Mon. – Wed.
(Sharks Ice Fremont)
Ages 7 – Adult
6:00pm – 8:00pm
May 6 - 8
(CAL) $229

### CONNECTICUT

**SOUTH WINDSOR**
Fri. – Sun.
(South Windsor Arena)
Ages 7 – Adult
3/15: 6:40pm – 8:40pm
March 15 – 17
(CON) $229

**STAMFORD**
Sat. & Sun.
(Terry Conners Ice Rink)
Ages 7 - Adult
5:30pm – 7:30pm
March 30 & 31
(CON) $159

**SIMSBURY**
Fri., Sun.
(ISCC)
4/5 & 4/6: 6:15pm – 8:15pm
April 5 - 7
(CON) $229

**DARIEN**
Fri., Sun.
(Darien Ice Rink)
7/26: 6:00pm – 8:00pm
July 26 - 28
(CON) $229

**NORTHFORD**
Mon. – Thurs.
(Northford Ice Pavilion)
Group A: 12:15pm – 2:00pm
Group B: 2:15pm – 4:15pm
July 29 – August 1
(CON) $299

**STAMFORD**
Fri., Sun.
(Terry Conners Ice Rink)
8/9: 6:00pm – 8:00pm
August 9 - 11
(CON) $229

**SOUTH WINDSOR**
Mon. – Fri.
(South Windsor Arena)
Ages 7 - Adult
8/10 & 8/11: 10:00am – 12:00pm
August 12 - 16
(SC) $359

### FLORIDA

**POMPANO BEACH**
Fri., Sun.
(Glacier Ice & Snow Arena)
Group A: 8/3: 5:00pm – 6:30pm
3/9 & 3/10: 10:00am – 12:00pm
Group B: 3/8: 6:45pm – 8:15pm
3/9 & 3/10: 12:15pm – 2:15pm
March 8 - 10
(CAL) $209

**TAMPA**
Mon. – Wed.
(Ice Sports Forum)
Group A: 3/11: 4:15pm – 5:15pm
3/12 & 3/13: 4:45pm – 6:15pm
Group B: 3/11: 5:30pm – 6:45pm
3/12 & 3/13: 6:30pm – 8:00pm
March 11 - 13
(CAL) $149

**TAMPA**
Fri., Sun.
(Reisterstown Sportsplex)
Group A: 7/12: 4:30pm – 6:00pm
7/13 & 7/14: 9:00am – 10:30am
Group B: 7/12: 6:15pm – 7:45pm
7/13 & 7/14: 10:45am – 12:15pm
July 12 - 14
(CAL) $169

**LAUREL**
Mon. – Thurs.
(Gardens Ice House)
Group A: 10:00am – 11:50am
Group B: 12:00pm – 1:50pm
July 15 - 18
(SC) $299

### MARYLAND

**NEWTON**
Mon. – Wed.
(Fiddler’s Ice Rink)
Ages 7 – 11
9:00am – 10:50am
February 18 - 20
(CAL) $219

**WORCESTER**
Fri. – Sun.
(Worcester Ice)
4/12: 5:00pm – 7:00pm
April 12 - 14
(CAL) $229

### MASSACHUSETTS
CANTON
Mon. – Thurs. April 15 - 18
Group A: 9:00am – 11:00am
Group B: 11:10am – 1:10pm
SC $299

HAVEN
Fri. – Sun. May 31 – June 2
(Hasen Hall Valley Forum)
11 & Up / SELECT
AA & AAA Players:
Max Size = 20 Skaters
5/31: 5:00pm – 7:00pm
WS $399

FOXBORO
Mon. – Thurs. June 3 - 6
Group A: 15 & Up / ELITE
6:10pm – 8:40pm
WS $549
For High School, Junior, College, & Pro Players. Max size = 16 Skaters

MIDDLETOWN
Mon. – Thurs. June 10 - 13
Group A: 15 & Up / ELITE
6:10pm – 8:40pm
WS $549
For High School, Junior, College, & Pro Players. Max size = 16 Skaters

MIDDLETOWN
Mon. – Thurs. June 24 - 27
Group C: 1:40pm – 3:40pm
AG $349

HYANNIS
Mon. – Wed. July 1 - 7
Group A: 4:00pm – 6:00pm
AG $229
Group B: 6:10pm – 8:10pm
CL $229

FOXBORO
Mon. – Thurs. July 8 - 11
Group A: 12:00pm – 2:00pm
SC $299
Group B: 2:15pm – 4:15pm
SC $299

KINGSTON
Sat. & Sun. July 20 & 21
(The Bog Ice Arena)
Ages 7 - Adult
10:00am – 12:30pm
CI $189

MARLBORO
Mon. – Thurs. July 22 – 25
(Navin Arena)
Group A: 10:00am – 10:30am
CI $299
Group B: 10:40am – 12:40pm
SC $299

SOUTH DENNIS
Mon. – Thurs. July 22 – 25
(Tony Kent Arena)
Group A: 5:00pm – 6:50pm
SC $299
Group B: 7:00pm – 8:50pm
SC $299
Group C: 3:00pm – 4:50pm
SC $299

GROUP C: AGES 7 – 11

LAWRENCE
Mon. – Thurs. July 29 – August 1
(Lawrence Valley Forum)
Group A: 11:00am – 1:00pm
SC $299
Group B: 1:10pm – 3:10pm
SC $299

CONCORD
Fri. – Sun. August 2 - 4
Group A: 8/2: 6:20pm – 8:20pm
CI $229
Group B: 8/3 & 8/4: 10:40am – 12:40pm
CI $229

ATTLEBORO
Mon. – Thurs. August 5 - 8
(NEW England Sports Village)
Group A: 11:00am – 1:00pm
SC $299
Group B: 1:10pm – 3:10pm
SC $299

CONCORD
Fri. – Sun. August 9 - 11
(Valley Sports Arena)
***Female Players Only***
8/9: 6:20pm – 8:20pm
CI $229

GROUP C: AGES 7 – 11

MIDDLETOWN
Mon. – Thurs. August 19 - 22
(Essex Sports Center)
Group A: 2:00pm – 4:00pm
SC $299
Group B: 4:10pm – 6:10pm
SC $299

CANTON
Mon. – Thurs. August 19 - 22
(Canton Ice House)
Group A: 10:00am – 12:00pm
SC $299
Group B: 12:10pm – 2:10pm
SC $299

NEW HAMPSHIRE

NASHUA
Mon. – Thurs. July 15 - 18
(Conway Arena)
Group A: 12:30pm – 2:30pm
SC $299
Group B: 2:40pm – 4:40pm
SC $299

HOOKSETT
Mon. – Thurs. August 5 - 8
(Tri Town Arena)
Group A: 5:10pm – 6:40pm
CI $229
Group B: 6:50pm – 8:50pm
SC $299

NEW JERSEY

RED BANK
Fri. – Sun. May 24 - 26
(Red Bank Armory
Ice Complex)
5/24: 5:45pm – 7:45pm
CI $239

GROUP C: AGES 7 – 11

WAYNE
Mon. – Thurs. July 8 - 11
(Ice Vault Arena)
Group A: 4:30pm – 6:30pm
SC $309
Group B: 6:45pm – 8:45pm
SC $309

GROUP A: AGES 7 – 11

MORRISTOWN
Sat. & Sun. August 3 & 4
(Mennen Sports Arena)
Group A: 11 & Up / SELECT
8:00am – 10:00am
WS $399
All Groups with Video Analysis

Max Size = 20 Skaters
& 11:00am – 12:30pm
<table>
<thead>
<tr>
<th>Location</th>
<th>Date</th>
<th>Time</th>
<th>Group</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>RED BANK (Red Bank Armony Ice Complex)</td>
<td>August 24 &amp; 25</td>
<td>3:00pm – 5:30pm</td>
<td></td>
<td>$209</td>
</tr>
<tr>
<td>NEW YORK</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>PALISADES (Palisades Center Ice Rink)</td>
<td>February 18 - 20</td>
<td></td>
<td>Ages 7 - Adult</td>
<td>$229</td>
</tr>
<tr>
<td></td>
<td>Mon. – Wed.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Ages 7 – Adult</td>
<td>9:00am – 11:00am</td>
<td></td>
<td>$229</td>
</tr>
<tr>
<td>MAMARONECK (Hommocks Park Ice Rink)</td>
<td>March 26 - 28</td>
<td>3/26 &amp; 3/28: 5:30pm – 6:30pm</td>
<td>Group A: Ages 6 - 9</td>
<td>$149</td>
</tr>
<tr>
<td></td>
<td>Tues. - Thurs.</td>
<td>3/27: 5:00pm – 6:30pm</td>
<td>Group B: Ages 10 – Adult</td>
<td>$219</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Fri. – Sun.</td>
<td></td>
<td>Ages 7 – Adult</td>
<td>$229</td>
</tr>
<tr>
<td></td>
<td>(Palisades Center Ice Rink)</td>
<td>March 29 - 31</td>
<td>3/29: 5:45pm – 7:45pm</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Ages 7 – Adult</td>
<td>$229</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3/30 &amp; 3/31: 10:00am – 12:00pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>ALBANY (Albany County Hockey Facility)</td>
<td>April 12 - 14</td>
<td></td>
<td>Ages 7 – Adult</td>
<td>$149</td>
</tr>
<tr>
<td></td>
<td>Fri. – Sun.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>1/4/12 &amp; 4/13: 5:50pm – 7:20pm</td>
<td>Group A: 4/12</td>
<td>$149</td>
</tr>
<tr>
<td></td>
<td></td>
<td>4/11: 9:10am – 10:40am</td>
<td>Group B: 4/12 &amp; 4/13: 7:30pm – 9:00pm</td>
<td>$149</td>
</tr>
<tr>
<td></td>
<td></td>
<td>4/14: 10:50am – 12:20pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>LONG BEACH (Long Beach Ice Arena)</td>
<td>April 27 &amp; 28</td>
<td></td>
<td>Ages 7 – Adult</td>
<td>$189</td>
</tr>
<tr>
<td></td>
<td>Sat. &amp; Sun.</td>
<td>9:00am – 11:30am</td>
<td></td>
<td>$189</td>
</tr>
<tr>
<td>BUFFALO (Northtown Center at Amherst)</td>
<td>May 3 - 5</td>
<td></td>
<td>Ages 7 – Adult</td>
<td>$199</td>
</tr>
<tr>
<td></td>
<td>Fri. – Sun.</td>
<td>Group A: 5:00pm – 6:50pm</td>
<td></td>
<td>$199</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Group B: 7:00pm – 8:50pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>SYRACUSE (Meachem Ice Rink)</td>
<td>May 17 - 19</td>
<td>Group A: 5/17: 5:00pm – 6:30pm</td>
<td></td>
<td>$179</td>
</tr>
<tr>
<td></td>
<td>Fri. – Sun.</td>
<td>5/18 &amp; 5/19: 10:00am – 12:00pm</td>
<td></td>
<td>$179</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Group B: 5/17: 6:45pm – 8:15pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>5/18 &amp; 5/19: 12:15pm – 2:15pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>ELMSFORD (Westchester Skating Academy)</td>
<td>June 24 - 28</td>
<td></td>
<td>Ages 7 – Adult</td>
<td>$369</td>
</tr>
<tr>
<td></td>
<td>Mon. – Fri.</td>
<td>Group A: 9:00am – 11:00am</td>
<td></td>
<td>$369</td>
</tr>
<tr>
<td>SYRACUSE (Meachem Ice Rink)</td>
<td>July 15 - 18</td>
<td>Group A: 5:00pm – 6:50pm</td>
<td></td>
<td>$249</td>
</tr>
<tr>
<td></td>
<td>Mon. – Thurs.</td>
<td>Group B: 7:00pm – 8:50pm</td>
<td></td>
<td>$249</td>
</tr>
<tr>
<td>ALBANY (Albany County Hockey Facility)</td>
<td>July 29 –August 2</td>
<td></td>
<td>Ages 7 – Adult</td>
<td>$299</td>
</tr>
<tr>
<td></td>
<td>Mon. – Fri.</td>
<td>(Albany County</td>
<td></td>
<td>$299</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Group A: 9:00am – 11:00am</td>
<td></td>
<td></td>
</tr>
<tr>
<td>BREWSTER (Brewster Ice Arena)</td>
<td>August 5 - 8</td>
<td>Group A: 5:00pm – 6:30pm</td>
<td></td>
<td>$229</td>
</tr>
<tr>
<td></td>
<td>Mon. – Thurs.</td>
<td>Group B: 6:45pm – 8:45pm</td>
<td></td>
<td>$229</td>
</tr>
<tr>
<td>BUFFALO (Northtown Center at Amherst)</td>
<td>August 12 - 16</td>
<td></td>
<td>Ages 7 – Adult</td>
<td>$329</td>
</tr>
<tr>
<td></td>
<td>Mon. – Fri.</td>
<td>Group A: 1:30pm – 3:20pm</td>
<td></td>
<td>$329</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Group B: 3:30pm – 5:20pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>PALISADES (Palisades Center Ice Rink)</td>
<td>August 26 - 30</td>
<td></td>
<td>Ages 7 – Adult</td>
<td>$359</td>
</tr>
<tr>
<td></td>
<td>Mon. – Fri.</td>
<td>9:30am – 11:30am</td>
<td></td>
<td>$359</td>
</tr>
<tr>
<td>PENNSYLVANIA</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>HATFIELD (Hatfield Ice Arena)</td>
<td>March 19 - 21</td>
<td></td>
<td>Ages 7 – Adult</td>
<td>$169</td>
</tr>
<tr>
<td></td>
<td>Tues. – Thurs.</td>
<td>Group A: 5:00pm – 6:30pm</td>
<td></td>
<td>$169</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Group B: 6:45pm – 8:15pm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>HATFIELD (Hatfield Ice Arena)</td>
<td>August 17 - 20</td>
<td></td>
<td>Ages 7 – Adult</td>
<td>$299</td>
</tr>
<tr>
<td></td>
<td>Mon. – Thurs.</td>
<td>Group A: 4:30pm – 6:30pm</td>
<td></td>
<td>$299</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Group B: 6:45pm – 8:45pm</td>
<td></td>
<td>$299</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Group C: Ages 11 - Adult</td>
<td></td>
<td>$299</td>
</tr>
<tr>
<td>ROHDE ISLAND</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>NORTH SMITHFIELD (RI Sports Center)</td>
<td>July 15 - 18</td>
<td></td>
<td>Ages 7 – Adult</td>
<td>$299</td>
</tr>
<tr>
<td></td>
<td>Mon. – Thurs.</td>
<td>Group A: 5:00pm – 7:00pm</td>
<td></td>
<td>$299</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Group B: 7:10pm – 9:10pm</td>
<td></td>
<td>$299</td>
</tr>
<tr>
<td>VERMONT</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>WATERBURY (The Ice Center)</td>
<td>July 17 - 20</td>
<td></td>
<td>Ages 7 – Adult</td>
<td>$189</td>
</tr>
<tr>
<td></td>
<td>Mon. – Thurs.</td>
<td>Group A: 5:00pm – 6:30pm</td>
<td></td>
<td>$189</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Group B: 6:45pm – 8:45pm</td>
<td></td>
<td>$249</td>
</tr>
<tr>
<td>BURLINGTON (Leddy Park Arena)</td>
<td>July 22 - 25</td>
<td></td>
<td>Ages 7 – Adult</td>
<td>$249</td>
</tr>
<tr>
<td></td>
<td>Mon. – Thurs.</td>
<td>Group A: 4:50pm – 6:50pm</td>
<td></td>
<td>$249</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Group B: 7:00pm – 9:00pm</td>
<td></td>
<td>$249</td>
</tr>
<tr>
<td>WATERBURY (The Ice Center)</td>
<td>August 12 - 16</td>
<td></td>
<td>Ages 7 – Adult</td>
<td>$229</td>
</tr>
<tr>
<td></td>
<td>Mon. – Fri.</td>
<td>Group A: 5:00pm – 6:30pm</td>
<td></td>
<td>$229</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Group B: 6:45pm – 8:45pm</td>
<td></td>
<td>$309</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Group C: Ages 7 - 11</td>
<td></td>
<td>$229</td>
</tr>
</tbody>
</table>
1. Online Registrations: Go to www.laurastamm.com
2. Phone Registrations: Please call us at 1-800-750-3502
3. Mail In or Fax Registrations: Mail or fax application with payment information. Printable registration form can be found at www.laurastamm.com

Note: Programs are sold out on a first come basis by date payment is received. Mail in registrations take the longest for us to receive payment.

If you do not receive a confirmation email you are NOT registered for a program.

Unless Otherwise noted, checks and money orders are payable to: LS Power Skating, INC. PO Box 383 Hawthorne, NY 10532 - USA (800) 750-3502 Fax: (914) 773-1807 Visa, MasterCard, & Discover are accepted by mail, fax or online!

PAYMENTS:
All Online registrations are charged in full at time of check out.
If you do not receive a confirmation email, payment was not received.

CLINICS: require FULL payment with application.

SUPER CLINICS, ADVANCED CLINICS & WORKSHOPS: Prior to June 1, $150 deposits can only be made by phone or mail application with balances to be charged June 1.

After June 1, all programs must be paid for in FULL to reserve spot in the program.

Registration is secured when full payment is received and verified. If payment is not received at time of registration your spot is NOT guaranteed.

CANCELLATION POLICY:
There is a $50 non-refundable fee on all registrations.

From time of registration until one week (7 days) prior to the start date of the program:
All cancellation, transfer and credit requests must be emailed to info@laurastamm.com.
If a player wishes to receive a refund it will be less the $50 non-refundable fee.

If a player would like to hold it as a credit to a future program we will waive the $50 fee.
If a participant needs to transfer to a different program, the $50 fee will be waived. All transfers are subject to availability of new program.

One week (7 days) prior to the start date of a program:
NO cancellation/refund or transfer request will be accepted. We will issue a credit of 50% of the cost of the program to a future program.

NO SHOWS, players who leave a session on their own or players who are expelled by management do not receive credits or refunds.
LS Power Skating, Inc. reserves the right to re-assign students into different groups, or adjust or combine groups as necessary. We reserve the right to cancel entire programs or groups as necessary. If a program is canceled, participants will receive a full cash refund.

RETURNED CHECK FEE: $25.00
For more Information or to register, visit: www.laurastamm.com.

REGISTRATION FORM
To Register please go to: www.laurastamm.com
If you would like to mail in registration you can print out printable registration form from website.
Bringing over
45 years of
Power Skating
experience
into your
own home!

Laura Stamm’s excellent instructional video & book can help improve all aspects of skating for hockey players of all skill levels, novice to pro.

To order call (800) 750.3502 or visit us online: www.laurastamm.com