-Open to **ALL** players in grades 7-12.

(male/female/competitive/non-competitive players)

-Thursdays from 3:30 to 4:45. (Starting Nov. 1st)

-Full gear (including neck guard) must be worn.

-Non-contact.

-**Purpose**: To develop hockey players in our building to their fullest potential. It will provide students with extra ice time and additional instruction from different individuals with various hockey backgrounds.

-**Staff**: Mr. Silliker, Mr. J. Wilson, Mr. F. Wilson, Mrs. Carney, Mr. Walsh, Mr. Henderson, Mr. Ryder.

-**Areas of focus**: Skating, Passing, Shooting, Puck Handling, Conditioning, Game play/strategy.

-**Cost**: Free to any student at NSER.