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Hello!

Thank you so much for allowing me to work with your player on the continuous development of his/her skating skills.

In the course of these Monday evening sessions, my goal for your player(s) is to master the core hockey skating skills as soon as possible. There will be a lot of emphasis on “perfect form” in these sessions and “slowing down” while skating. This is not easy for the average hockey player! I will do my best to manage individual frustration and give ongoing “strength based” feedback to meet as many individual needs as possible.

From solid basics, the player can then work on adding speed, explosive power and endurance as their readiness allows. Most coaches would probably agree that coaching the game of hockey becomes much easier if the players on the team are well rounded skaters.

The degree of mastery of skating skills comes at different times and is based on the following:

- Age
- Developmental Readiness
- Individual Ability
- Motivation
- Consistent Practice/Awareness

Please do not hesitate contacting me with questions regarding individual progress, etc. should you have any questions, comments or concerns.

I am looking forward to getting to know your player(s) and I am pleased to have this opportunity to help them be the best player possible.

Most Sincerely,

Kris Fondran