

# MANDATORY CHECKING CLINICS

FOR ALL FALL PEE WEE PLAYERS  
BANTAMS INVITED

PLAYERS REGISTERED FOR THE  
ADMIRALS FALL PROGRAM:

**FREE**

NON-REGISTERED PLAYERS \$25.00

CLINICS WILL BE INSTRUCTED BY MEMBERS OF THE ADMIRALS  
COACHING STAFF AND WILL FOCUS ON:

- Proper body positioning in both giving and receiving body contact
- The importance in giving and taking hit.
- Angling a puck carrier
- Learning the dangers of Checking From Behind

## Clinic Dates & Times

Sunday, August 17th - 10:00-11:20am  
Friday, August 22nd - 6:10-7:30pm  
Friday, September 5th - 8:00-9:00pm  
Saturday, September 13th - 4:10-5:10pm  
Pee Wees must attend at least two sessions.

For Further Information Contact

**The Admirals Hotline**  
**(630) 790-9696 ext. 122**



SKATER NAME: \_\_\_\_\_

PARENTS NAME \_\_\_\_\_

D.O.B: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_ ZIP: \_\_\_\_\_

E-MAIL: \_\_\_\_\_

PHONE: \_\_\_\_\_

PREVIOUS SEASON TEAM: \_\_\_\_\_