

K2 HOCKEY CLINICS

PRESENTS...

The 28th Annual
Power Skating Clinics
&
Conditioning/Puck Skills
Clinics

"EXPERT INSTRUCTION FROM PROFESSIONAL EDUCATORS"

Fact: Skating is the most important Skill in the game of hockey. Having the ability to skate effectively means having the ability to play more effectively.

Fact: Teams practice skating, but they often lack the expertise to properly evaluate skaters..

K2 instructors know what to look for and know how to teach it effectively!

K2 HOCKEY CLINICS 2025

Power Skating

4 age groups – Only 25 in each group Murray Arena Okotoks, Alberta 5 sessions Aug. 19,20,21,25 & 26 (must be 5 years or older in 2025)

Conditioning / Puck Skills

Okotoks Arenas Aug. 27, 28 Sept 1 & 2 (U-13 age and older)



Contact Us

(403) 968-5458 Okotoks, Alberta

http://k2hockey.squadfusion.com k2hockey@yahoo.ca www.k2hockeyclinics.com

PROFESSIONAL INSTRUCTOR PROFILES

Kevin Knibbs-K2 (Director of K2 Hockey Clinics)

Kevin has directed or instructed hockey schools for over 40 years. He played professional hockey in the Premiere Division in Germany, Varsity hockey at the University of Manitoba, Senior A and Junior A. He has coached male and female hockey at the AAA level and was a member of the Hungarian U-18 coaching staff at the IIHF Pool A Div 1 World Championships and the Mac's Major Midget tournaments. He has taught and been an administrator at Junior & Senior High Schools.

Ryan Olynyk (Head Instructor)

Ryan played Varsity hockey and has instructed hockey schools for over 35 years. He has coached female hockey teams at the AAA level. Ryan has a Masters of Education Degree and taught in Calgary.

Danika Knibbs-Holt (Head Instructor)

Danika played Alberta Major Midget Female AAA, Tier 1 in the Southern Alberta Women's Hockey League and three years in the City of Saskatoon in the ASHL She has been a head instructor of all ages and levels for over **20 years** with K2 Hockey Clinics and Black Elk Hockey School. Danika has a Bachelor of Education Degree and teaches at Oilfields High.

Clancy Todd - St. Dennis (Head Instructor)

Clancy played NCAA Division 1 hockey at Colgate University in New York State for four years. She has coached U18 Female AAA hockey and is currently coaching U7 hockey. She has a Masters of Education and teaches high school in Okotoks.

K2 Power Skating Clinics teach the "Science of Skating" and stress the Techniques of skating.

REGISTRATION

Visit ...

http://k2hockey.squadfusion.com

Full payment, by interact e-transfer or Credit card, and must accompany registration form.

Credit Cards are charged a 5% Processing Fee

Interact e-transfer to: k2hockey@yahoo.ca

Cash and cheques upon approval

CONTACT US

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Email: <u>k2hockey@yahoo.ca</u>

Website: www.k2hockeyclinincs.com

Registration:

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All sessions coached by Professional Educators with extensive experience in hockey as players, coaches and instructors. K2 Hockey Clinics has delivered Specialized hockey clinics at elite hockey school In the Czech Republic, Australia, Hungary, United States & Canada.

NEED TO KNOW

<u>Group assignments</u>: Power skating participants are assigned to their group by K2 Hockey Clinic staff. You will be contacted with your assigned ice in early August.

Equipment: Full hockey equipment is required for both clinics including sticks and a personal water bottle (name on bottle please).

Inappropriate behavior will not be tolerated. A skater will be given a warning and if the behavior persists, will be asked to leave the program with no refund.

Minimum registrations must be achieved in each level for clinics to run.

K2 HOCKEY CLINICS

"The Hockey School that comes to you!"



K2 Power Skating Clinics provides 5 engaging & active ice sessions with 3 quality instructors on the ice at all times.

SCHEDULE AND FEES

POWER SKATING CLINICS

- Balance, Agility, Glide and Stroke
- Acceleration and Power
- Edges
- Forward and Backward Skating
- Starting and Stopping
- Crossovers Forward & Backward
- Mohawk and Tight Turns
- Quick Feet Drills

\$189

Okotoks Murray Arena
5 sessions Aug 19, 20, 21, 25 & 26
(must be 5 years or older in 2025)
4 separate age groups
Youngest group starts at 5:30 pm

CONDITIONING/PUCK SKILLS

(U-13 or older in 2025)

- Conditioning
- Small Area Games
- Stick and Puck Handling
- Passing and Receiving
- Timing Drills
- 4 Goalies

\$189

Okotoks Arenas

Aug 27, 28 Sept 1 & 2

2 Groups U-13 and older

 $5:45-6:45\ pm\ \&\ 6:45-7:45\ pm$ *Ice times will be assigned by K2 Hockey Clinic Staff*