



# RAV 2018

## Holiday Shooting Clinic

Wednesday December 26 – Friday December 28

Canlan Ice Arena

Squirt/Pewee 8:00-9:20am    Bantam/Midget/High School 9:30-10:50am

Instructor: Don Lewis

### Release - Accuracy - Velocity

All good goal scorers possess the above three traits. This clinic is designed to learn and develop shooting and goal scoring skills. Quick release and accuracy are far more important than velocity, however, coaches spend most of their time working on shooting the puck as hard as possible. **RAV** will focus on releasing the puck quickly and always on goal. The only shot that cannot go in is the one that misses the net. And let's face, all hockey players love to shoot pucks.

Curriculum will include **wrist shot, snap shot, backhand shot, deflections, one-timers, rebounding and all other facets of net play. Both groups will also include the slap shot.** While squirts cannot yet use this shot, the mechanics of the shot will help player's better control weight transfer and follow through. **This year we will spend additional time on net play to increase close to the net success.**

Don owns Tier 1 Athletic Performance. This business trains young athletes for their specific sports. His study of physiology for playing hockey has led to new and exciting methods of generating more leverage and, therefore, producing a harder shot. Athletes will have this information incorporated into all aspects of shooting.

Timing of this clinic is perfect to prepare players for upcoming tournaments as well as league and state playoffs. **Class size is limited** and applications are accepted on a first come first served basis

**Cost: \$139**

**Early Bird Discount \$129 by December 10th**

Goaltenders are welcome. Goalies can expect about 200 shots per day. Please contact Don via email for details.

**Registrations are accepted online at [tier1athleticperformance.com](http://tier1athleticperformance.com)**

Questions: Contact Don Lewis (630) 947-3017 or LEW1161@YAHOO.COM

For More Information Visit: [www.tier1athleticperformance.com](http://www.tier1athleticperformance.com)