



WINTER SESSION

Skating Technique for Hockey

NHL Players have benefitted from this training and so can you!
"If you can't skate, you can't play our game," Wayne Gretzky.

Balance, Agility and Maneuverability (BAM)

Our Figure Skating Director, Karen Cohen-Prosnitz, teaches the Program. She has been a full time professional skating coach for over 40 years. Karen is a US Figure Skating Gold Medalist having competed in Freestyle, Pair Skating and Ice Dancing throughout the United States and internationally. She also trained in speed skating and power skating.

Karen has been teaching power skating and edges to hockey skaters. Her skating techniques begin with understanding the interaction between mental and muscle function to train the entire body, using correct edge positioning and balance to increase power and agility. Fast efficient skating is the goal.

"If you're using improper technique quickly, all it means is you'll go nowhere faster."
Bill Guerin, former professional NHL hockey player and three-time Olympian.

Winter 2021-2022 Session Program - Mondays, December 6th –February 14th

Cost: \$320 for 8 half-hour classes:** Mondays 5:15-5:45pm

Minimum 3 Skaters, Maximum 10 Skaters per program

Ice Time and Instruction is Included. Payment must be received by 11/8 at the front office

***dates and times are subject to change*

Also available: **One-on-One Coaching.**

Personalized training to build on existing skills, strengthen areas of weakness,
and elevate your game.

You can schedule 30 minute or 45 minute private coaching sessions.

Contact Coach Karen to schedule at KarenC@icevault.com or call 973-628-1500 ext 123.

No Make-ups or Refunds for missed classes



Player's Name _____ Age _____ D.O.B ____/____/____

Address _____

City/State/Zip _____

Home Phone (_____) _____

Parent's Name _____

E-mail _____@_____

Work Phone (_____) _____ Cell Phone (_____) _____

Emergency Contact Name _____ Emergency Phone (_____) _____

LEVEL (Circle one): MT SQT PW/BT MDG/HS: POSITION (Circle one): Forward / Defense

YEARS SKATING _____

Winter 2021-2022 Session class dates: 12/6, 13; 1/3, 10, 24, 31; 2/7, 14

Application with Payment must be received by November 8, 2021

Pay by check only. (Make Check Payable to Karen Cohen-Prosnitz).

Drop off your envelope, marked ATTN: Karen Cohen-Prosnitz, at the Front Desk.

No Make-ups or Refunds for missed classes

WAIVER RELEASE

It is agreed that neither the Ice Vault nor Karen Cohen-Prosnitz shall in no way be responsible or liable for any injury of any kind arising out of or in the course of an operation of the Ice Vault. It is the intention of the parent to waive and release any and all claims, of any kind whatsoever in law or in equity of his/her son/daughter, or ward, a minor on account of any injury of any kind arising out of or in the course of any operation of the Ice Vault. I grant the Ice Vault and Karen Cohen-Prosnitz the right to use all photographs and videos taken of me during any Ice Vault programs for advertising purposes.

Signature _____ Date ____/____/____

10 Nevins Road • Wayne, NJ 07470 • Phone (973) 628-1500 • www.icevault.com