

About Tamara

Tamara Mossey started out as a competitive figure skater and then transitioned to playing and coaching Ringette. She is a skating specialist formerly with Andrews Hockey Growth Programs located in Prince Edward Island, Canada. Tamara has her BS in Kinesiology (Exercise Science) and has been teaching and leading fitness classes for over 20 years. She has an ability to analyze a skater's technique, break down a skill into multiple components, and teach drills designed to perfect the skill, customized to a player's current ability.



REGISTER ONLINE: www.GungaHockey.com

Power Skating Clinics With Tamara



Phillips Academy Ice Rinks
978-684-7200

About the Program



To play hockey at the top of your game, a player needs to be a great skater. Developing proper technique and working on drills to master your edges, balance, agility, power and endurance are essential elements in becoming an efficient and faster skater. Drills to develop powerful forward and backward strides, fast stops and explosive starts, sharp turns, and the ability to change direction quickly, will ensure that you improve your game.

These specialized clinics are designed for hockey players to teach them the art of skating powerfully and quickly. Players must know how to skate backwards, cross over, and stop. Players may be moved based on skill level and availability.

Very limited spots per clinic! Each clinic is limited to only 8 skaters to focus on a lot of personal instruction. Mite level 1 clinics are limited to only 6!

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Clinic Details

Weeks Available

- July 24-27 Squirts/U10 – 7:45 am
- July 31- Aug 3 Mite Level 2 – 7:45 am
- August 21-24 Squirt/U10 – 7:45 am
- August 28-31 Mite Level 1 – 8:00 am
Mite Level 2 – 8:50 am
Squirt/U10 – 10:00 am
PW/U12 – 11:10 am
- September 5-6 Mite Level 1 – 8:00 am
Mite Level 2 – 8:50 am
Squirt/U10 – 10:00 am

Age Groups

- Mite Level 1 – Must have completed an initiation or learn-to-play program
- Mite Level 2 – Second year Mite next season and/or proficient skater
- Squirts/U10
- PW/U12

Price

\$159 Per 4 day clinic (July/Aug)
\$80 Per 2 day clinic (Sept 5)

