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
Clinic Details

Clinic Length

<table>
<thead>
<tr>
<th>Days</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday- Thursday</td>
<td>7:45 – 8:45 am</td>
</tr>
<tr>
<td><em>(Aug 29- Sep 1)</em></td>
<td><em>6:40 – 7:40 pm</em></td>
</tr>
</tbody>
</table>

Weeks Available

- July 11th
- July 25th
- August 1st
- August 15th
- August 22nd
- *August 29th*

Age Group

Ages: 6-9*
*Skating and hockey experience are required
- Must have completed a learn to play hockey program (minimum equivalent to Initiation Blue) or be enrolled on a Mite or Squirt team

Price

$159 Per 4 day clinic

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 with proper stride mechanics, fast stops, explosive starts, sharp turns, and the ability to transition and change direction quickly, will ensure that you improve your game.

Players must have skating experience and know how to skate backwards, cross over, and stop. Experience in a “learn to play hockey” program (minimum equivalent to Initiation Blue) or on a team is required. Players may be moved based on skill level and availability.

REGISTER ONLINE:
www.Gungahockey.com