

Gold Mite Power Up Clinic

Summer 2023

This 7 week Power Up clinic gives Gold Mite players the chance to gain individual skill development while playing in a team atmosphere. Shooting, stick handling and passing will be incorporated to prepare each player for the upcoming season. Players will be power skating to improve acceleration, speed, quickness and maneuverability with a keen focus on teamwork. Gold Mites will split the ice with Jr Panthers & engage in some interactive activities together.



Fridays

June 16 - July 28 (7 Weeks)

6:00-7:00pm, Main Arena

Fee: \$90 ID / \$105 OD

Park District
of FRANKLIN PARK
Ice Arena

**Questions? Contact Hockey Director, Brandon Niedziela at
bniedziela@fpparks.org or call 847-671-4268**