

Subject: Strong Dynamics Hockey, Get Ready for Tryouts, February Vacation!

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617-666-1122

Dear Joyce,

Are you ready for TRY-OUTS?

Have fun practicing your hockey skating & skills at our
MA and NH School Vacation Clinics

Read below for February School Vacation Hockey Clinics!



Strong Dynamics Hockey is gearing up for spring and summer training clinics and camps at Conway Arena. There's a great hockey experience planned for everyone!

Visit our website often for updates and breaking news! www.strongdynamics.com

February 9, 2010

MA February Vacation Hockey Clinic

Register for Strong Dynamics Hockey Programs



Check Out Our Hockey Programs!

[Register for Strong Dynamics Hockey](#)

[Strong Dynamics Youtube](#)

[Skills & Thrills Clinics](#)

[Adult Pickup Game](#)

[Wellness & Athletic Coaching](#)

[MA February Vacation](#)

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Sponsors

[GoBoston.com](#)



[TicketBoston.com](#)



Massachusetts School Vacation Week
Ages: Mites, Squirts, Peewees, Bantams
Cost: \$99
Total Skating & Skills Clinic

February 16, Tuesday, On Ice: 1:30 PM to 2:30 PM
February 17, Wednesday, On Ice: 1:30 PM to 2:50 PM
February 19, Friday, On Ice: 1:30 PM to 2:30 PM

NH February Vacation Hockey Clinic

New Hampshire School Vacation Week
Ages: Mites, Squirts, Peewees, Bantams
Cost: \$199
Total Skating & Skills Clinic

February 24, Wednesday, On Ice: 9:00 AM to 11:10 AM
February 25, Thursday, On Ice: 9:00 AM to 11:10 AM
February 26, Friday, On Ice: 9:00 AM to 11:10 AM



Hockey Goals for Girls

When: Tuesdays, February 16 through March 23 (6 weeks)
Where: Conference/Media Center at Conway Arena
For: Girls Ages 14 through 18
Group Size: 10 girls
Cost: \$270

Off-Ice Coaching with
Certified Health, Wellness & Fitness Coach, Joyce Strong

Join Our Mailing List!

[Strong Dynamics Hockey on Youtube](#)



Skills & Thrills Hockey Skating & Agility Clinics, Conway Arena, Nashua, NH Thursdays at 8 PM

4 Weeks Cost: \$120.
12 students maximum.

Youth and Adults

New Theme Weekly

Week 1:
Skating, Edges, Stride

Week 2:
Agility, Jumping & Skating

Week 3:
Passing & Shooting, Shooting on Stride

Week 4:
Stickhandling & Skating

Adult Pick-Up Hockey Game, Thursdays 9:10 PM at Conway Arena, Nashua, NH



Hockey Goals for Girls is for female hockey players who want to be healthy, fit and well and who want to explore change and possibilities.

The group is a combination of off-ice coaching and workshop designed to provide support, friendships and successes as the girls work toward making choices that support their hockey dreams by providing them with encouragement, knowledge and mindfulness for all that goes in to building a hockey dream.

Girls can expect to have more energy, more confidence, more direction and more fulfillment after participating in our Hockey Goals for Girls Group.

The group is limited to 10 girls.

Total Well Coach
.com

Taming the Monster in Your Hockey Bag



Taming the Monster in Your Hockey Bag is for young hockey players who want to make good choices when it comes to health, fitness and wellness and who want to explore change and possibilities as they build their hockey dreams.

key, for both men and women players of all skill levels.

The cost is \$20 to walk on and \$150 prepaid 10 weeks.

Wellness & Athletic Coaching Helps Make Dreams Come True

The best training happens off the ice. Consider the Five D's to help you on your way to success on and off the ice!

DEFINE

DISCOVER

DREAM

DESIGN

DESTINY

Wellness & Athletic coaching will help you first DEFINE what you want to achieve over a period of time, DISCOVER your strengths and resources that you can call into action, DREAM of the possibilities and imagine being in that place by developing a clear vision, DESIGN the strategies necessary to achieve your goals and finally appreciate the efforts of your work... Skate to create your DESTINY.

Individual and Group Coaching available in person and by telephone

Hockey Goals Coaching at www.TotalWellCoach.com

Joyce Strong

Certified and Licensed Health, Wellness & Fitness Coach

When:

February 16, 2:30 to 4 PM

February 17, 3:00 PM to 4:30 PM

February 19, 3:00 PM to 4:30 PM

February 25, 11:00 AM to 12:30 PM

February 26, 11:00 AM to 12:30 PM

Where: Conference/Media Center at Conway Arena

For: Hockey Players Mites through Bantam

Group Size: 10 players

Cost: \$55 per player/session

Off-Ice Coaching with

Certified Health, Wellness & Fitness Coach, Joyce Strong

The group is an off-ice coaching session designed to provide support, friendships and successes as the players get to know the "Monster in their Hockey Bag" who comes to every practice and game and comes home with them at night, and who just keeps getting in the way of their success. Players work toward making choices that support their hockey dreams by getting to know their Monster, naming it and taming it, and are given encouragement, knowledge and a greater awareness that they are in control of making their hockey dreams come true.

Players can expect to have more energy, more confidence, more direction and more fun at hockey after participating in our Taming the Monster in Your Hockey Bag Group.

The group is limited to 10 Players.

Spring Clinics

Small Group Training Sessions feature individualized attention with adequate repetitions and feedback for measurable skill development

SPRING TRAINING MONDAYS

Stickhandling for Beginners, 1 hour x 11 weeks, \$275, Mondays, April 12 through June 21, 5:40 PM

Advanced Stickhandling, 1 hour x 11 weeks, \$275, Mondays, April 12 through June 21, 6:50 PM

SPRING TRAINING THURSDAYS

Mites & Squirts, Edges & Agility, 1 hour x 11 weeks, \$275/session, APRIL 15 - JUNE 24, 11 WEEKS, 5:40 PM

Peewee & Bantam, Passing, Shooting & Checking, 1 hour x 11 weeks, \$275/session, APRIL 15 - JUNE 24, 11 WEEKS, 6:50 PM

Summer Clinics

Small Group sessions for individualized attention and adequate repetitions for noticeable skill development.

617-666-1122

joycestrong@verizon.net

SUMMER CLINICS MONDAYS



Stickhandling for Beginners, 1 hour x 8 weeks, \$199, Mondays, July 12 through August 30, 5:40 PM

Advanced Stickhandling, 1 hour x 8 weeks, \$199, Mondays, July 12 through August 30, 6:50 PM

SUMMER CLINICS THURSDAYS

Total Skills Clinic: Mites and Squirts, 1 hours per week x 8 weeks, \$199, July 15 through September 2

Total Skills Clinic: Pee wee and Bantam, 1 hours per week x 8 weeks, \$199, July 15 through September 2

Summer Camps

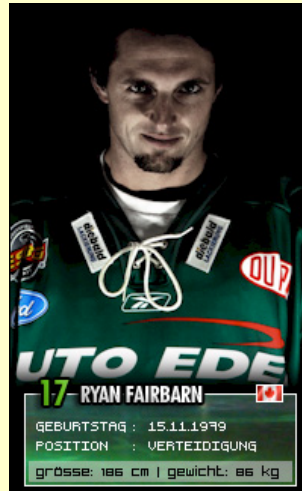
TWO MAJOR SUMMER CAMPS:



Summer Intensive Total Skating & Skills Training Camp
Mites through Pee wee, 10 hours off ice, 10 hours on ice total, x 5 days, \$349
July 19 through July 23, Monday through Friday, 8:30 AM to 12:30 PM

Summer High School Varsity Prep Camp
The Skating & Skills You Must Have to Make the Team, 10 hours on ice total,
x 5 days, \$249, July 19 through July 23, Monday through Friday, 12:30 PM to
2:40 PM

SUMMER SPECIALTY CAMPS



Summer Defensemen Camp: Bantam through High School, 3 hours per day, 12 hours total (4 consecutive days) \$299, July 12 through July 15, Monday through Thursday, 1:30 PM to 3:40 PM on ice followed by 1 hour off ice (dismiss at 5 PM)

Summer Preseason Camp Bantam-Midget: 3 hours x 4 days, 12 hours total, \$299, AUGUST 23-AUGUST 26, 4 DAYS, 1:30 PM TO 3:40 PM on ice, followed by 1 hour off ice (dismiss at 5 PM)

Make it a great Spring & Summer!

See you on the ice!

Coach Joyce

Coach Joyce Strong, RN, BSN, CSCS, CFT

Certified and Licensed Health, Wellness & Fitness Coach

USA Hockey Level 5 Coach

617-666-1122

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www.strongdynamics.com

www.totalwellcoach.com



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