



**Strong Dynamics Adult & Youth  
Private Hockey Power Skating  
At Skate 3, Tyngsboro, MA  
Wednesdays  
June 25-July 16 @ 1 PM  
July 23-August 27 @ Noon**

**Power Skating, Edge Work, Agility, Proper Stride  
and Hockey Posture, Stops, Starts, Tight Turns,  
Transitions, Speed Work and Conditioning**

**www.iCoachHockey.com  
Joyce Strong (joycestrong@charter.net),  
Home: 978-448-8086, Cell: 978-857-9016**

**Cost: \$35 semiprivate, \$75 private**

**Make checks payable to Joyce Strong and mail to:  
Joyce Strong  
238 Longley Road  
Groton, MA 01450**

**PLEASE PRINT CLEARLY**

PARTICIPANT: \_\_\_\_\_

MAILING ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

HOME PHONE: \_\_\_\_\_ CELL PHONE: \_\_\_\_\_

EMERGENCY CONTACT \_\_\_\_\_ EMERGENCY PHONE: \_\_\_\_\_

E-MAIL ADDRESS: \_\_\_\_\_

**LEVEL OF PLAY: A, B, C, D, E, NO EXPERIENCE**

**NOTE: NEITHER THE SKATE 3, STAFF OR VOLUNTEERS OR JOYCE STRONG ARE RESPONSIBLE FOR ITEMS LOST, STOLEN OR MISPLACED.** I agree to participate in the Strong Dynamics program. I do hereby release, absolve, and hold harmless the SKATE 3, its directors, staff, organizers, sponsors, coaches, volunteers, Joyce Strong and anyone connected with the programs. In the case of injury, I hereby waive all claims against the aforementioned persons. I have read and understand all the above information. I will abide by the policies set forth by STRONG DYNAMICS. **PAYMENT/REFUND POLICY:** Enrollment is based on a first come, first serve basis. Payment in full is due at time of enrollment in the program All payments are non-refundable unless the program is cancelled or authorized by a program director.

SIGNATURE: \_\_\_\_\_ TODAY'S DATE: \_\_\_\_\_

OFFICE USE ONLY: AMT. PAID\$ \_\_\_\_\_ CASH \_\_\_\_\_ CHECK # \_\_\_\_\_