



October 8, 2019

DROP IN THURSDAY ATOM SKILLS DEVELOPMENT SESSIONS WITH REACT HOCKEY – POWER EDGE PRO

The North West Zone Hockey Development group is pleased to announce that for the 2019-20 hockey season, the Hawks Athletic Club and the Whitemud West Hockey Association have joined forces. Our goal is to bring the players in both clubs development sessions with high value and flexibility for families that have a variable schedule yet want the ability to continue with supplemental skills development for their players and goaltenders.

What is Power Edge Pro?

Power Edge Pro (PEP) is an on-ice player development system utilizing propriety equipment and training patterns. The system focuses on Reactive Countering Training™, engaging multiple motor skills simultaneously to develop a player's small area game performance. All patterns are completed while maintaining puck control and are designed to provide 5x as many repetitions as standard drill-based practices, leading to faster development of skills.

PEP is normally priced at \$60/hr per child. At \$25 it's a fantastic deal for our players. This is an area we often see under trained at a young age, it not only compliments skating development but the ability to manage the puck efficiently in small spaces with confidence. For more information on PEP please visit their website at www.poweredgepro.com.

This development program will be open to our Atom age category exclusively:

Cost: \$25 per session
Arena: Oliver Arena 10335 – 119 Street
Days: Thursdays starting October 10
Time: 6:15pm to 7:15pm

Register for a single day session online now by clicking on the registration link specific to the date you desire below. Full payment of \$25 must be completed at the time of registration and we will not offer refunds for this program. We are accepting a maximum of eight (8) registrants per session.

The following Thursdays will make up the schedule:

[October 10](#)
[October 17](#)
[October 24](#)

If you have any questions please feel free to contact Don McArthur, VP Evaluations, Tiering & Development at vpevaluations@hawksathletics.ca.