

Southwest Slapshot

The Official Newsletter for Southwest Hockey Association

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NEW SPRING CLINICS

In This Issue For --- February 14, 2025

U6 Learn to Play	U11 / U13 Power Skating	U15 Contact Confidence
U7 / U9 Power Skills	U15 / U18 Power Skating	U11 – U18 Crease Clinic
2016 Intro to Full Ice	U13 Contact Confidence	U13 – U18 Defensive Skills

Get ready to lace up your skates and hit the ice this spring! We're thrilled to introduce our brand-new Spring Hockey Development Program, featuring a series of mini clinics designed for players of all levels, from U6 to U18. Whether you're just starting out or looking to fine-tune your skills, this program is the perfect opportunity to improve your game, stay sharp, and have a blast on the ice. Starting this April, our expert coaches will guide you through age-appropriate drills and skill-building exercises.

Join us — Spots are limited!

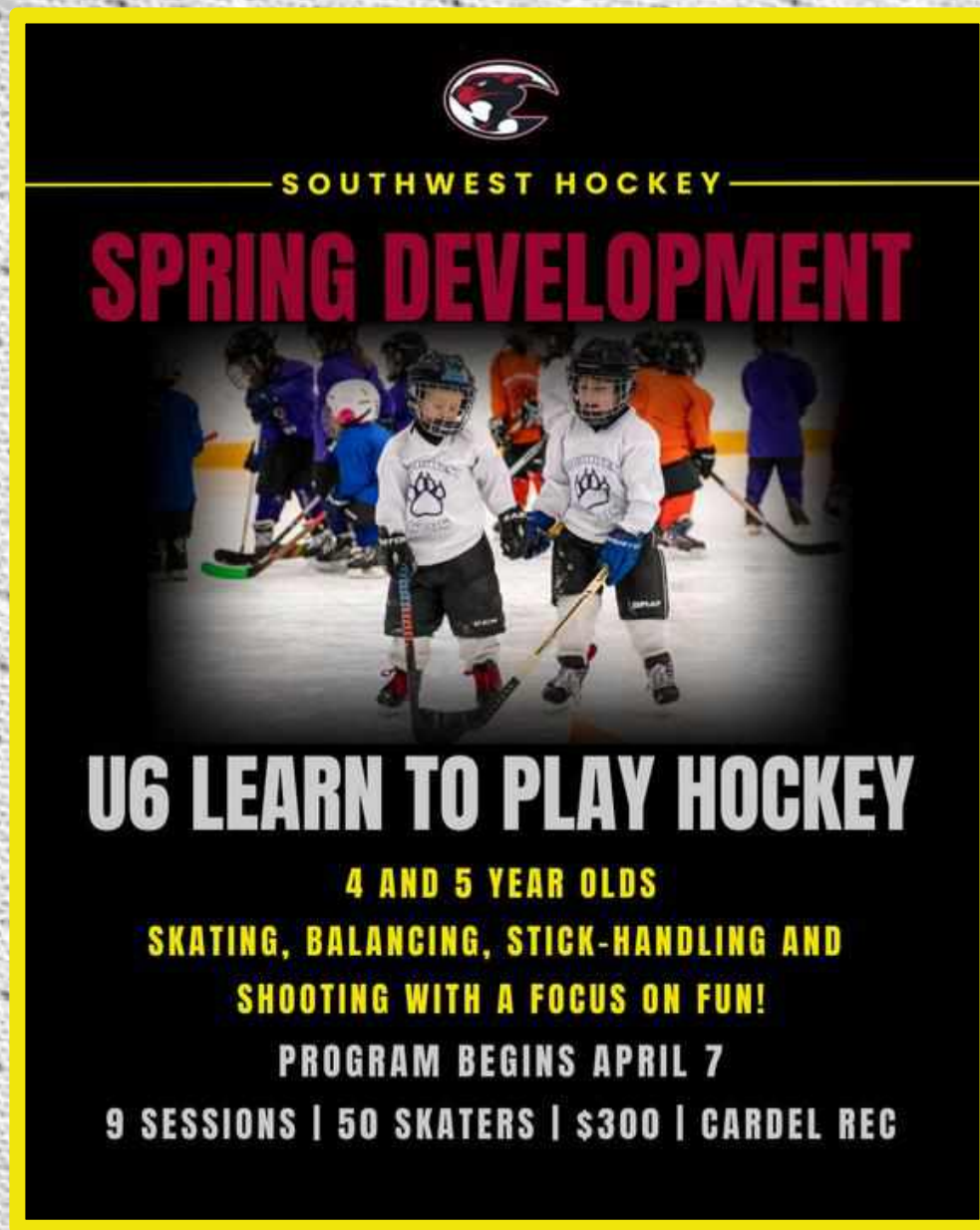
Visit Our Website




Something for Everyone

Little Legs, Big Goals!

THIS PROGRAM PROVIDES FUNDAMENTAL UNDERSTANDING OF THE GAME THROUGH DRILLS SUCH AS: SKATING, BALANCING, TURNING, STICK-HANDLING AND SHOOTING.



The poster features a central photograph of young hockey players on an ice rink. Two players in the foreground are wearing white jerseys with a paw print logo and black shorts. Other players in various colored jerseys are visible in the background. The text is overlaid on a black background with yellow and white accents.


SOUTHWEST HOCKEY
SPRING DEVELOPMENT
U6 LEARN TO PLAY HOCKEY
4 AND 5 YEAR OLDS
SKATING, BALANCING, STICK-HANDLING AND
SHOOTING WITH A FOCUS ON FUN!
PROGRAM BEGINS APRIL 7
9 SESSIONS | 50 SKATERS | \$300 | CARDEL REC

CLICK ON THE IMAGE FOR MORE INFORMATION

Elevate Your Skills!

JOIN US FOR A DYNAMIC SESSION THAT COMBINES FOCUSED POWER SKATING, SKILLFUL SHOOTING, AND REFINED PUCK HANDLING TECHNIQUES.

A flyer for a hockey development program. It features a central image of a hockey player in a white and red jersey holding a stick. The text is arranged in a vertical hierarchy, starting with the organization's name, followed by the program title, target age group, and specific details about the sessions and registration.

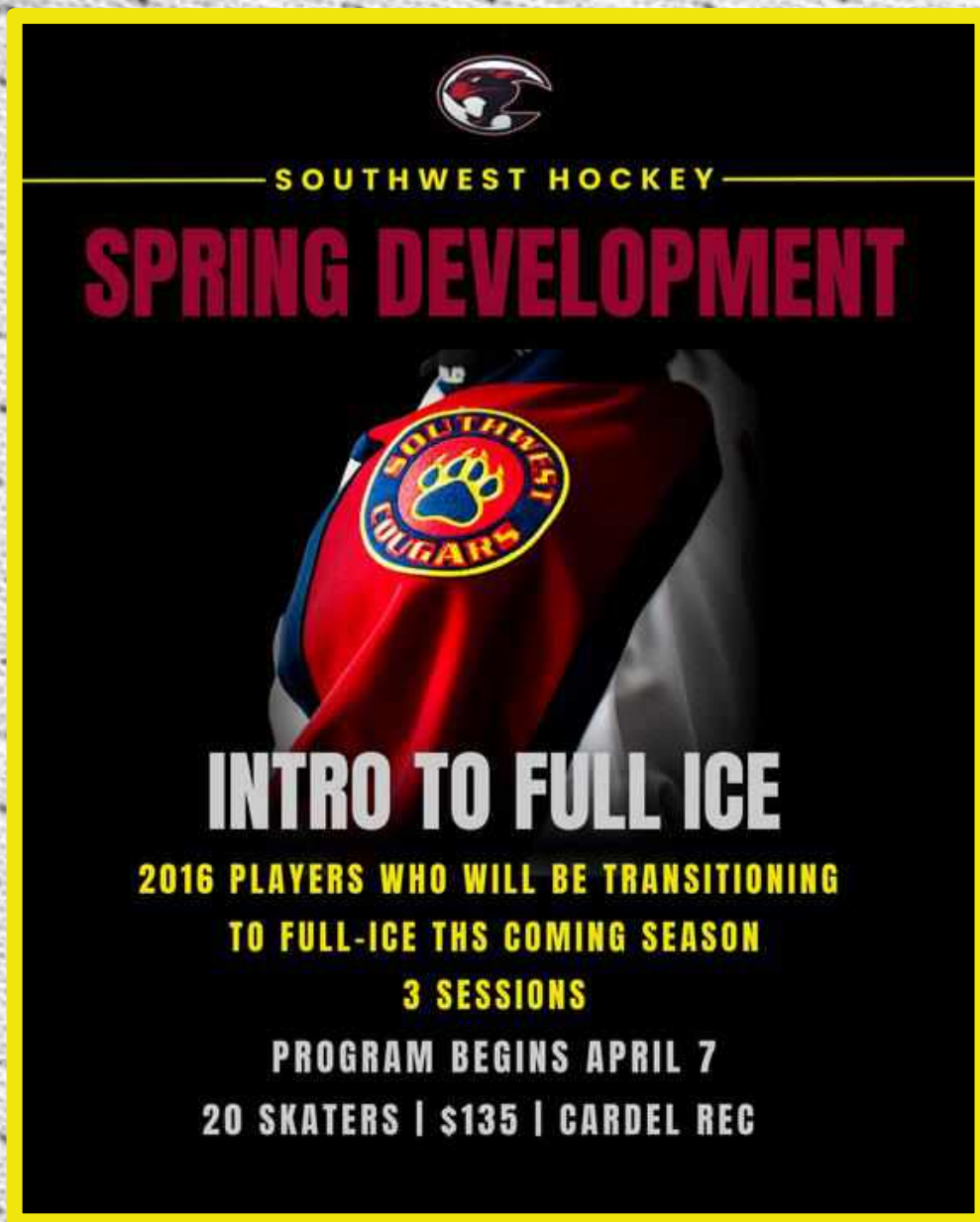

SOUTHWEST HOCKEY
SPRING DEVELOPMENT

U7/U9 POWER SKILLS
2017 - 2019 BORN PLAYERS
3 SESSIONS
PROGRAM BEGINS MAY 21
20 SKATERS | \$135 | CARDEL REC

CLICK ON THE IMAGE FOR MORE INFORMATION

SPRING INTO FULL-ICE

FOR PLAYERS TRANSITIONING TO FULL-ICE. FOCUS WILL BE ON SKATING, USING THE ICE, AND REVIEWING NEW ASPECTS OF THE GAME LIKE FACEOFFS AND OFFSIDES.



A flyer for the Southwest Hockey Spring Development program. At the top is a logo of a cougar's head in a circle. Below it, the text "SOUTHWEST HOCKEY" is centered between two horizontal lines. The main title "SPRING DEVELOPMENT" is in large, bold, red letters. Below the title is a photograph of a red and white hockey jersey with a circular patch on the chest that says "SOUTHWEST COUGARS" around a blue paw print. The bottom section of the flyer contains the following text in white and yellow: "INTRO TO FULL ICE", "2016 PLAYERS WHO WILL BE TRANSITIONING TO FULL-ICE THIS COMING SEASON", "3 SESSIONS", "PROGRAM BEGINS APRIL 7", and "20 SKATERS | \$135 | CARDEL REC".

SOUTHWEST HOCKEY

SPRING DEVELOPMENT

INTRO TO FULL ICE

**2016 PLAYERS WHO WILL BE TRANSITIONING
TO FULL-ICE THIS COMING SEASON**

3 SESSIONS


PROGRAM BEGINS APRIL 7

20 SKATERS | \$135 | CARDEL REC

CLICK ON THE IMAGE FOR MORE INFORMATION


POWER UP YOUR SKATING

THIS HIGH INTENSITY INDIVIDUALIZED PROGRAM, WILL
PUSH SKATERS BEYOND THEIR COMFORT ZONE.
ALL AREAS OF SKATING WILL BE COVERED.



SOUTHWEST HOCKEY

SPRING DEVELOPMENT




U11/U13 POWER SKATING

2012 - 2015 BORN PLAYERS
5 SESSIONS
HIGH INTENSITY PROGRAM BEGINS APRIL 10
20 SKATERS | \$225 | CARDEL REC

CLICK ON THE IMAGE FOR MORE INFORMATION


UNLEASH YOUR SPEED

THIS HIGH INTENSITY INDIVIDUALIZED PROGRAM, WILL
PUSH SKATERS BEYOND THEIR COMFORT ZONE.
ALL AREAS OF SKATING WILL BE COVERED.



SOUTHWEST HOCKEY

SPRING DEVELOPMENT



U15/U18 POWER SKATING

2008 - 2011 BORN PLAYERS
5 SESSIONS
HIGH INTENSITY PROGRAM BEGINS APRIL 10
20 SKATERS | \$225 | CARDEL REC

CLICK ON THE IMAGE FOR MORE INFORMATION

Confidence is your Edge

PRIMARY FOCUS OF THIS MINI-CLINIC WILL BE SAFETY, AWARENESS AND GETTING COMFORTABLE WITH CONTACT.


A promotional poster for a hockey clinic. The background is black with a yellow border. At the top center is a logo of a stylized hawk or eagle head in red and white. Below the logo, the text "SOUTHWEST HOCKEY" is written in yellow. The main title "SPRING DEVELOPMENT" is in large, bold, red letters. Below that is a photograph of a hockey player's hands in black CCM skater gloves, holding a hockey stick. The text "U13 CONTACT CONFIDENCE" is in large, bold, white letters. Below this, in yellow, is the text "2012-2013 PLAYERS WHO WILL BE ENTERING CONTACT HOCKEY IN THE NEXT SEASON OR TWO". At the bottom, in white, is the text "PROGRAM BEGINS APRIL 28" and "3 SESSIONS | 16 SKATERS | \$135 | CARDEL REC".


SOUTHWEST HOCKEY
SPRING DEVELOPMENT
U13 CONTACT CONFIDENCE
2012-2013 PLAYERS WHO WILL BE ENTERING
CONTACT HOCKEY IN THE NEXT SEASON OR TWO
PROGRAM BEGINS APRIL 28
3 SESSIONS | 16 SKATERS | \$135 | CARDEL REC

CLICK ON THE IMAGE FOR MORE INFORMATION

CONFIDENCE. EVERY SHIFT.

PLAYERS WHO PLAYED U15 NBC IN 2024-2025, BUT LOOKING TO TRY AND MAKE A JUMP TO BODY CHECKING THIS COMING SEASON. FOCUS WILL BE ON SAFETY, AWARENESS, AND BUILDING ON CONTACT CONFIDENCE.



A promotional poster for a hockey program. At the top is a circular logo featuring a cougar's head. Below it, the text "SOUTHWEST HOCKEY" is centered. The main title "SPRING DEVELOPMENT" is in large, bold, red letters. Below that is a photograph of a red and blue hockey jersey with a yellow stripe and a circular patch that says "SOUTHWEST COUGARS" around a paw print. Underneath the photo, the text "U15 CONTACT CONFIDENCE" is in large, bold, white letters. At the bottom, in yellow text, it says "2010-2011 CURRENTLY PLAYING U15 NBC AND LOOKING TO MAKE THE JUMP TO BODY CHECKING NEXT SEASON". Below that, in white text, it says "PROGRAM BEGINS MAY 8" and "3 SESSIONS | 16 SKATERS | \$135 | CARDEL REC".

SOUTHWEST HOCKEY

SPRING DEVELOPMENT

U15 CONTACT CONFIDENCE

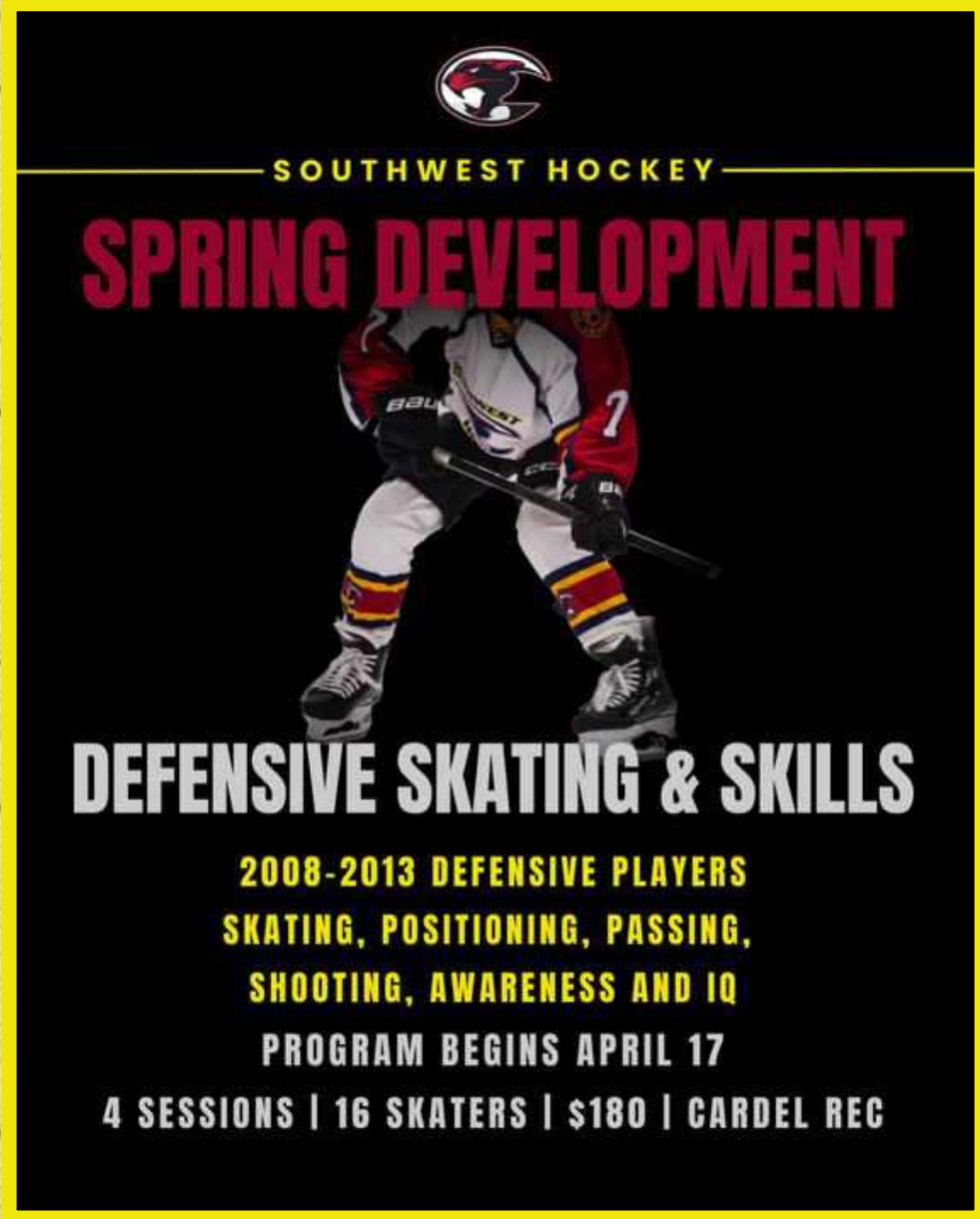
2010-2011 CURRENTLY PLAYING U15 NBC
AND LOOKING TO MAKE THE JUMP TO
BODY CHECKING NEXT SEASON

PROGRAM BEGINS MAY 8
3 SESSIONS | 16 SKATERS | \$135 | CARDEL REC

CLICK ON THE IMAGE FOR MORE INFORMATION

Own the Blueline

THIS MINI-CLINIC IS FOR DEFENSIVE PARTICIPANTS WHERE FOCUS WILL BE ON SKATING, POSITIONING, PASSING, SHOOTING, AWARENESS, AND IQ.



A promotional poster for a hockey clinic. At the top is a circular logo featuring a stylized red and white bird or 'S' shape. Below the logo, the text 'SOUTHWEST HOCKEY' is written in yellow. The main title 'SPRING DEVELOPMENT' is in large, bold, red letters. In the center is a photograph of a hockey player in a white and red uniform, crouching with a hockey stick. Below the photo, the text 'DEFENSIVE SKATING & SKILLS' is in large, bold, white letters. Further down, in yellow, it says '2008-2013 DEFENSIVE PLAYERS' and 'SKATING, POSITIONING, PASSING, SHOOTING, AWARENESS AND IQ'. At the bottom, in white, it says 'PROGRAM BEGINS APRIL 17' and '4 SESSIONS | 16 SKATERS | \$180 | CARDEL REC'. The entire poster is framed by a thick yellow border.

SOUTHWEST HOCKEY

SPRING DEVELOPMENT

DEFENSIVE SKATING & SKILLS


2008-2013 DEFENSIVE PLAYERS
SKATING, POSITIONING, PASSING,
SHOOTING, AWARENESS AND IQ

PROGRAM BEGINS APRIL 17
4 SESSIONS | 16 SKATERS | \$180 | CARDEL REC

CLICK ON THE IMAGE FOR MORE INFORMATION


LOCK THE CREASE

THIS MINI-CLINIC IS DESIGNED FOR GOALIES WITH A FOCUS ON CREASE MOVEMENT, POSITIONING, SKATING AND ANGLES.



SOUTHWEST HOCKEY

SPRING DEVELOPMENT



CREASE CLINIC

2008-2015 GOALIES
FOCUS ON SKATING, CREASE MOVEMENT,
POSITIONING AND ANGLES
PROGRAM BEGINS APRIL 17
4 SESSIONS | 12 GOALIES | \$180 | CARDEL REC

CLICK ON THE IMAGE FOR MORE INFORMATION