



EXPLOSIVEPOWER.NET phone / fax 508 . 792 . 2439 email info@john-dillon.com

Summer Overview of Clinics 2019

- Mondays** 5:00PM-5:50PM **Fund./Int./Adv. Mini Clinic**, Mites thru High School
July 1st, 2019 thru Aug 12th, 2019,
Buffone Rink, Worcester \$320 (See Flyer for exact details)
- Mondays** 6:00PM-6:50PM **Applied Skills Clinic***,
July 1st, 2019 thru Aug 12th, 2019, 2009 Birth years thru High School
Buffone Rink, Worcester \$350 (See Flyer for details)
- Tuesdays** 6:00PM-6:50PM **Customized Lessons with Puck** (Individual/Semi-private/small group)
July 9th, 2018 thru Aug 20th, 2019, Mites thru High School,
Northstar Rink, Westboro (See Flyer for costs and options)
- Tuesdays** 7:00PM-7:50PM **Junior/Collegiate/ Pro-development**,
July 9th, 2018 thru Aug 20th, 2019
Northstar Rink, Westboro \$350.00 (See Flyer for details)
- Thursdays** 5:20PM-6:10PM **Fund./Int./Adv. Mini Clinic**
June 27th, 2018 thru Aug 22nd, 2019*(no clinic July 4th) Mites thru High School
NESC Rink, Marlboro \$320.00 (See Flyer for details)
- Thursdays** 6:20PM-7:10PM **Int./Adv. Mini Clinic**
June 27th, 2018 thru Aug 22nd, 2019*(no clinic July 4th) Squirts thru High School,
NESC Rink, Marlboro \$320.00 (See Flyer for details)
- Thursdays** 7:20PM-8:10PM **Junior/High School Clinic**
June 27th, 2018 thru Aug 22nd, 2019*(no clinic July 4th) Ages 14 and Up,
NESC Rink in Marlboro \$320 (See Flyer for details)

OUR PHILOSOPHY

It is our mission to improve each student's skating and hockey skills, while having fun at the same time. We want to develop their minds as well as their bodies, to teach students that with hard work and determination, they can achieve their goals and reach their full potential.

We realize that practice does not make perfect but permanent; therefore, we correct our students so they can form proper muscle memory and improve their skating skills by doing the drills and exercises correctly. We don't just run drills but use exercises as well to train and retrain the muscles to improve performance. We recognize each student's needs and customize the clinics by individually pointing out what he or she needs to do to improve. In order to facilitate better learning, we limit enrollment with a low student to teacher ratio (5:1 or better).

JOHN DILLON

In 1997, John Dillon placed 4th Nationally, 4th at Easterns and was the New England Regional Champion in his respective Category as a Competitive Figure Skater. He was the assistant coach for the Holy Cross Women's Hockey Team in 2003. His Figure Skating and Hockey background set him apart. John has apprenticed with Steffany Hanlen (NHL Power Skating coach). He works with many hockey organizations, Division 1 College, Professional and NHL players. John helps players of all levels develop their skating and hockey skills.