

OUR HOCKEY DIRECTOR

Dave "Sudsy" Settlemyre brings to the Igloo the expertise acquired from many years of playing and training in the "big league." Sudsy played several years in the EHL, SHL, NHAL and AHL. His past teams as a player include the Greensboro Generals, Roanoke Valley Rebels and the Philadelphia Firebirds. His laurels include the 75-76 NAHL South Division & Lockhart Cup Championship, the Unsung Hero Award to head coach, the 78-79, 77-78 AHL North Division & Calder Cup Championship, the 86-87, 85-86, 84-85, 82-83 Patrick Division Championship and the 86-87, 84-85 Wales Conference Championship Finals. Sudsy started as Head Trainer for the Maine Mariners in 1977 and continued as Head Trainer for the next 20 years on the following teams, the Kazoo Wings, the Florida Panthers and the Philadelphia Flyers.

Sudsy Settlemyre's training credentials make him one of the area's most qualified Hockey Coordinators. With his many years in the training and equipment field and his degree as a Physical Education Major, Sudsy has what it takes to build and organize a strong Hockey Program at the Igloo. He knows without a doubt the right way to develop youngsters into strong successful hockey Players.



DIRECTIONS

From Philadelphia (Walt Whitman Bridge) Follow 42 S. to I-295 N. Take I-295 N. and exit at 40A (Rt. 38). Stay on Rt. 38 east for approx. 2.7 miles. Turn right onto jug handle for Fostertown Rd. and cross Rt. 38. The Igloo is 1/4 mile on the right hand side.

From North Jersey Follow all routes to I-295 S. Exit at 40A (Rt. 38). Stay in the right hand lane and look for the jug handle that will allow you to turn around and travel east on Rt. 38. Take Rt. 38 east for approx. 3 miles. Turn right onto jug handle for Fostertown Rd. and cross Rt. 38. The Igloo is 1/4 mile on the right hand side.

THE IGLOO at Mt. Laurel
3033 Fostertown Road
Mt. Laurel, NJ 08054



POWER SKATING



Featuring
Dave "Sudsy" Settlemyre
Director
John Larnerd
Instructor

"The Hockey Professionals"

The IGLOO at Mt. Laurel
3033 Fostertown Road
Mt. Laurel, NJ 08054
Phone: (856) 638-0801
Fax: (856) 638-0818
www.skateigloo.com

THE BASICS

The Igloo at Mt. Laurel. is proud to offer a power skating and speed development program under the expert guidance of hockey coordinator Sudy Settlemyre

“**BEGINNER POWER SKATING**” is for individuals with some skating experience. The program has been designed to enhance each player’s skating dexterity. Power skating emphasizes balance and agility, explosive starts, longer, stronger strides thereby increasing the skater power filled cross-overs, tight turns and powerful lateral

NO MAKE UP CLASSES & NO REFUNDS once a class has started. There will be a \$25 Cancellation Fee for classes cancelled prior to session. Tuition must be paid in advance to secure a position in a class. We recommend participants register at least 7 days before the start of your program

ONLY \$125

SESSION DATES & TIMES

Tuesday

4:50-5:50pm

2/16; 2/23; 3/2; 3/9; 3/16; 3/23

Participants must complete and pass Learn to Skate hockey #4, or have skating experience including the ability to skate forward and backward, crossovers and hockey stop.

All Players will need hockey equipment, including helmet with full face mask, hockey skates, elbow pads, gloves and hockey stick.

Please arrive 15-20 minutes before session to allow time to get ready

Enrollment and class size will be limited. Participants will be served on a first come, first served basis

Sign up Early!

POWER SKATING

Session 4

Player's name _____

Address _____

City _____

State _____

Zip _____

Home phone _____

Work phone _____

E-mail address _____

Date of Birth _____

Age _____

M or F _____

Payment Method: Circle One

Visa Mastercard American Express
Cash Check

Credit Card # _____ Exp _____

Name on Card _____

Signature _____

Parental/Guardian Consent

In consideration of the participant being permitted to register and participate in programs at the Igloo at Mt. Laurel, we do hereby forever release and discharge the Igloo at Mt. Laurel Ice facility, it's directors, agents, employees and any person, corporation or partnership connected herewith from all manner of action, injury, costs, claims or demands which we will, shall or may hereafter have, suffer or receive by reason of such participation in this program. This release shall be binding on our heirs, assigns, executors and administrators. It is further agreed that the Igloo at Mt. Laurel shall not be considered to guarantee or warrant such equipment as may be used in conducting of said program. **In the event of withdrawal by participant from the program, all monies are non-refundable, without exception.** The Igloo at Mt. Laurel reserves the right to photograph participants during the session for reason of advertisement for the program.

Signature of Legal Guardian _____

Date _____

For More information contact: Hockey Coordinator Sudy Settlemyre (856) 638-0801

VISIT US ON THE WORLD WIDE WEB AT www.skateigloo.com