

# **Gold Mite Power Up Clinic**

## **Summer 2025**

**This 7 week Power Up clinic gives Gold Mite players the chance to gain individual skill development while playing in a team atmosphere. Shooting, stick handling and passing will be incorporated to prepare each player for the upcoming season. Players will be power skating to improve acceleration, speed, quickness and maneuverability with a keen focus on teamwork. Gold Mites will split the ice with Jr Panthers & engage in some interactive activities together.**



**Fridays**

**June 13 - August 1**

**7 Weeks - No 7/4**

**6:10-7:10pm, Main Arena**

**Fee: \$115 ID / \$135 OD**

**Park District**  
of FRANKLIN PARK  
*Ice Arena*

**Contact Hockey Director, Brandon Niedziela at [bniedziela@fpparks.org](mailto:bniedziela@fpparks.org)  
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