

## A Note From the Rousseau's:

This year marks the start of nearly 4 decades offering Maine hockey players the opportunity to better enjoy the great game of hockey. Our dad started Rousseau's Hockey Clinic with the intention of passing on his passion for the game to his sons. What started as a small power skating clinic in 1986 has grown to the states most active hockey school. Since our program started in 1986, we have had the privilege to train with over 10,000 Maine hockey players. Today, Rousseau's Hockey clinic trains 700 hockey players each year and employs a staff of nearly 30 instructors and counselors.

Rousseau's Hockey Clinic began with a core philosophy that players with better skills have more fun playing hockey. Whether we are working with a young player who aspires to play at the collegiate level or an adult beginner who's looking to improve his play in his weekly pickup game, helping them improve their skills and understanding game concepts will help them to achieve their goals.

Hockey is a great form of exercise and adult leagues and pickup games are sprouting up across central and southern Maine. If you have never played, our clinic will provide a great introduction to the game. If you are returning to the game or are currently playing in adult groups, our clinic will provide you with an opportunity to hone your skills and gain a better understanding of the game.

We are a family of hockey coaches and have been studying the game for four decades. We have learned how to break down the games skills and concepts to its roots and have developed a curriculum to effectively teach them to players of all levels. Playing hockey is about having fun. It's fun to compete, to improve, to work toward a goal and to achieve it. We hope to have the opportunity to share time with you on the ice this fall.

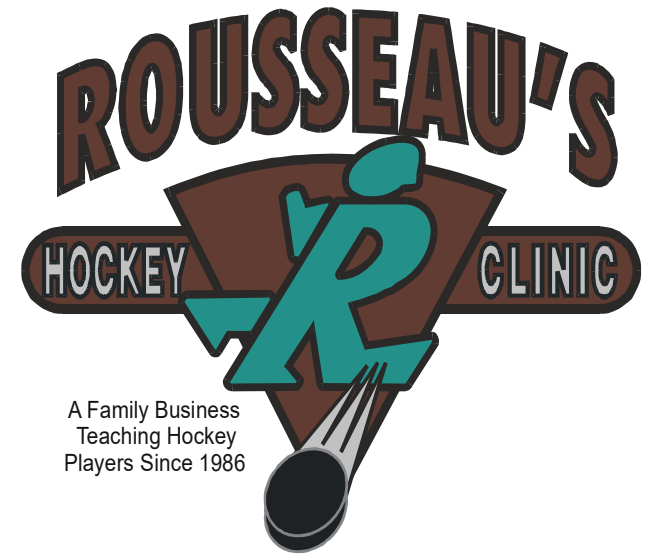
## The Staff...



The senior staff at Rousseau's Hockey Clinic includes coach Guy Rousseau and his sons, Gary and Scott, and his three grandchildren Adam, Erik and Lauren and lead goalie instructor John Racine. The family shares tremendous hockey knowledge, vast experience in teaching hockey players, and a demonstrated commitment to helping Maine hockey players improve. The Rousseau family has been conducting their clinic since 1986, revealing their deep understanding of the details involved with proper skating, puck control, and passing skills, but also revealing their methodical and effective approach in sharing this knowledge with players of all ages.

Rousseau's Hockey Clinic also employs a staff of nearly 30 additional instructors and goalie coaches. All instructors are active in youth hockey organizations across the state and all share the Rousseau's passion for the game.

Finally, a number of current and former Rousseau's Hockey Clinic students help balance our staff while serving as counselors. They are all accomplished players in their divisions and support the practice sessions as role models. In addition to possessing quality hockey skills, all of our counselors are engaging young men and women who provide our students with an important level of personal attention during clinic sessions.



## Spring 2025 Adult Women's "Individual Skills" Clinic

Family Ice Center, Falmouth

**Rousseau's Hockey Clinic**  
8 Danbury Drive  
Auburn, Maine 04210  
Phone: (207) 784-2821  
[www.rousseauhockeyclinic.com](http://www.rousseauhockeyclinic.com)



## The Program...

Our adult clinics are intended for beginner and novice level players and are designed for adults looking to improve their overall hockey skills.

Our Adult Women's "Individual Skills" clinic will cover proper skating skills specific to ice hockey and puck control & passing skills. The practice plans will address proper forward and backward stride through starts, stops, skating turns and will progress to proper puck control & passing skills. The objective is to improve the players skating balance, control, efficiency and agility while playing with or without the puck.

This clinic will skate for two hours per week for seven consecutive weeks. The first hour consist of a practice session focused on skill development. During the second hour we will conduct a controlled scrimmage where we will concentrate on increasing the speed of play while offering individual instruction in between shifts. Each session will also include a fifteen minute "Chalk Talk" introducing game concepts.

Our Adult clinics will also feature instruction for goaltenders. We will have a goalie coach at each session and offer specific instruction to goalies.

A deposit of \$150 is due with your application, and the balance is due by the start of the first practice session. Space is limited and applications will be accepted on a first come, first served basis. This program promises to be a great workout and a great deal of fun. We encourage you not to hesitate in returning your applications. Our clinics fill quickly, and we are often forced to return applications.

# Rousseau's Hockey Clinic Spring 2025 Adult Women's "Individual Skills" Hockey Clinic

W

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Birth Date (mm/dd/yyyy) \_\_\_\_\_

Phone \_\_\_\_\_

E-Mail \_\_\_\_\_

**Adult Women's  
Hockey Clinic  
Tuition: \$350**

**Family Ice Center, Falmouth**  
Wednesday evenings at 7:20 beginning 3/12,  
skating for seven consecutive Wednesday  
evenings through Monday 4/23

**Shoots**

**Pref. Position**

**Jersey Size**

Right

Goalie\*

Adult Med

Left

Forward

Adult Large

Defense

Adult XL

Adult XXL

Adult Goalie

\* Goalies skate at a reduced tuition of \$260.

Method of Payment

Check  Visa  Mastercard  Discover

Amount \$ \_\_\_\_\_

Card Holder Name \_\_\_\_\_

Billing Addr \_\_\_\_\_

Billing City \_\_\_\_\_ Billing Zip \_\_\_\_\_

Card Number \_\_\_\_\_

Exp. Date (mm/yy) \_\_\_\_\_ CVV2 \_\_\_\_\_

Card Holder Signature \_\_\_\_\_

**Please Return with  
\$150 deposit payable to Rousseau**

Submit your application by mail to  
8 Danbury Drive Auburn, Maine 04210  
or  
by E-Mail to [rousseau@roadrunner.com](mailto:rousseau@roadrunner.com)

(payments are non-refundable after 2/15/25)

In consideration of Rousseau's Hockey Clinic, Inc., its employees, agents, representatives, helpers, sub-contractors and employees (hereinafter "staff"), undertaking to instruct the applicant at a hockey clinic(s) held at the Family Ice Center in the Spring of 2025. I agree to assume the risks associated with said hockey clinic(s) and hereby release and forever discharge, and agree to defend, indemnify and hold harmless Rousseau's Hockey Clinic, Inc and its staff and the Family Ice Center and their employees, agents, and representatives from any liability, claims, demands, damages, causes of actions or suits of any kind or nature for injuries or damages both to person and property, that may occur as a result of my participation in said hockey clinic(s), including, but not limited to those arising from all acts of negligence or negligent conduct of Rousseau's Hockey Clinic, Inc. its staff and the Family Ice Center and their staff as set forth herein. I acknowledge and agree that Rousseau's Hockey Clinic, Inc. and its staff and the Family Ice Center and their staff accept no responsibility for or on account of any injury or damage, both to person or property, arising out of all acts of negligence or negligent conduct by Rousseau's Hockey Clinic, Inc. and its staff and the Family Ice Center and their staff or otherwise. I acknowledge that this release is intended to be a complete and unconditional release of all liability to the greatest extent allowed by law.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_