**HOCKEY EASTERN ONTARIO**

**One Team, One Mission, One Goal**



# MEMO

To: District Chairs, MHA’s, Junior League, Junior Teams, SHEO, Special Hockey

CC: HEO Board of Directors, HEO Staff

From: Jeff Robert, Development Programs Officer HEO

Date: October 5th, 2022

## Re: HEO Free Instructional Stream Coaching Clinics 2022-2023 Season

Good afternoon,

For this season, HEO will be offering **FREE** virtual professional development clinics to coaches. The Virtual Professional Development Series is available to all HEO coaches for the purpose of development. You will be provided with resources and 5 professional development (Certification maintenance) points for participating. Each session will take place via Zoom.

**Here is the 2022-23 Series of Clinics**: All clinics will take place from 6-8pm

**Goaltending 1** October 18th 6-8pm <https://register.hockeycanada.ca/clinic-details/1ed44da7-4fae-6dc6-918b-0203e3f8a0f8>

## Skating 1

October 25th 6-8pm <https://register.hockeycanada.ca/clinic-details/1ed44dae-5b4c-62da-a201-0672fb667b66>

**Skills 1**

Nov 1st 6-8pm <https://register.hockeycanada.ca/clinic-details/1ed44db5-0b00-6f5e-9158-0613315fc88e>

**Developing Skilled Defensemen 1**

November 8th 6-8pm <https://register.hockeycanada.ca/clinic-details/1ed44dba-4830-64ba-a64a-0672fb667b66>

**Small Area Games 1** November 15th 6-8pm <https://register.hockeycanada.ca/clinic-details/1ed44dbe-2824-619a-88f4-0613315fc88e>**Goaltending 2**

November 22nd 6-8pm

<https://register.hockeycanada.ca/clinic-details/1ed44dc4-db14-68f8-8869-0613315fc88e>

## Skating 2

November 29th 6-8pm

<https://register.hockeycanada.ca/clinic-details/1ed44dcc-b530-6b98-ad25-0613315fc88e>

## Skills 2

December 6th 6-8pm

<https://register.hockeycanada.ca/clinic-details/1ed44dd2-5f70-6be4-b936-0613315fc88e>

## Developing Skilled Defensemen 2

December 13th 6-8pm <https://register.hockeycanada.ca/clinic-details/1ed44dd6-1b30-6b7e-af9a-0613315fc88e>

**Shooting and Scoring 1**  December 20th 6-8pm

<https://register.hockeycanada.ca/clinic-details/1ed44ddb-7dc8-6a70-ab11-0200d75649b0>

**Checking Skills 1** January 10th 6-8pm

<https://register.hockeycanada.ca/clinic-details/1ed44ddf-b13f-62ba-8ba4-0672fb667b66>

**Small Area Games 1** January 17th 6-8pm

<https://register.hockeycanada.ca/clinic-details/1ed44e0c-aa73-6648-bb73-0200d75649b0>

Let me know if you have any questions