

# SMALL AREA GAME TRAINING (SAG)

DAY/DATE	RINK / LOCATION	PROGRAM	START	END	MY SCHEDULE
Thursday, June 5, 2025	St. Louis Ice Zone	SAG Lesson	10:10 AM	11:10 AM	
Thursday, June 12, 2025	St. Louis Ice Zone	SAG Lesson	10:10 AM	11:10 AM	
Thursday, June 26, 2025	St. Louis Ice Zone	SAG Lesson	10:10 AM	11:10 AM	
Thursday, July 10, 2025	St. Louis Ice Zone	SAG Lesson	10:10 AM	11:10 AM	
Thursday, July 24, 2025	St. Louis Ice Zone	SAG Lesson	10:10 AM	11:10 AM	
Thursday, August 7, 2025	St. Louis Ice Zone	SAG Lesson	10:10 AM	11:10 AM	

## SYNERGY Small Area Games (SAG): NEW FOR 2025!

Lessons will focus on specific concepts and allow players to train their complete habits of the game. Concepts such as angling, transition, puck protection, and board play to name a few. Will help players of all skill levels and ages improve their overall game knowledge and improve their compete level.

All sessions at the St. Louis Ice Zone on various Thursday at 10:10am. Each session is 60-minutes.

**\*\*PRE-REQUISITE:** geared to 9U-16U players. Contact our office for questions about eligibility - derek@synergyhockeyskills.com

[Purchase Credits HERE](#)

[AFTER purchasing Credits, schedule your Lessons/Credits HERE.](#)

### ADDITIONAL IMPORTANT PROGRAM DETAILS:

- Sessions fill quickly (only 16 skaters per ice time) so schedule your lessons ASAP!

- SYNERGY reserves the right to cancel ice times with too few skaters scheduled. Should this happen, you WILL be notified via the UpperHand software with an email and a lesson credit added to your account to reschedule for another day/time.

- **You have the ability to CANCEL and RESCHEDULE your lessons up to 5 days prior to the ice time.** All lessons must be scheduled 5+ days out. UpperHand will NOT allow you to schedule (or cancel) less than 5 days in advance - this is for proper scheduling of our staff.

- No-Shows will result in a forfeited lesson and will NOT be refunded, credited or replaced with another lesson.

- Participants/guardian are responsible for their own training schedules - scheduling/cancelling/rescheduling - all thru the UpperHand software - all must be done 5 days prior to lesson.

- Participants not properly scheduled for a lesson, will NOT be allowed on the ice for that particular lesson time. NO EXCEPTIONS!

- Ensure that your email is set to receive emails from the UpperHand system to ensure delivery of any and all updates or notifications.

- **SYNERGY will assume all registered participants to have read and agreed to all the above information, terms and conditions related to how this program and the self-scheduling features work. Again, no refunds, credits, cancellations and no-shows = lesson forfeit.**

- Any and all questions should be directed to derek@synergyhockeyskills.com



The asterisks (\*) in the schedule to the left are to indicate ice times that coordinate with our Summer Power Skating Program with a 45 min. power skating lessons either directly before or after the SPT Lesson. Discount offered on the Power Skating Program with purchase of 10 or more SPT Lessons. Contact info@synergyhockeyskills.com for discount assistance.

**USE THE SCHEDULE TO THE LEFT TO PLAN OUT YOUR SUMMER TRAINING - CHECK THE DAYS/TIMES THAT YOU PLAN TO SCHEDULE ONLINE!**