

# 2023-2024 SEASON BROCHURE



RUNS
September 1, 2023
TO
AUGUST 31, 2024

Check us out on Facebook, Twitter & Instagram







www.skatepowerplay.com

## PUBLIC SKATING

Sept 1, 2023 to Aug 31, 2024 – (Closed May 23rd to June 8th for ice painting)
PUBLIC SKATING \$10.00 - SKATE RENTAL \$5.00
Dates & Times subject to change.

Visit www.skatepowerplay.com for current schedule.
Online Pre-Registration Preferred – www.SkatePowerPlay.com

	Except No- 9/4, 9/26, 10/10, 10/11, 10/24, 10/25, 10/31, 11/23, 11/29, 12/5, 12/6, 12/25, 1/17, 1/23, 1/24, 2/20, 2/21, (No 5/24-to 6/7), 7/4, 8/19, 8/20, 8/21, 8/22, 8/23)
Friday Nights 8:45pm-10pm Sep 1-Mar 22 8:30pm-10-Mar 29- Aug 23	Except No- 9/8-to-11/17, No 12/1, 12/8, 1/19, 1/26,2/2, 2/9, 2/16, 2/23, 3/1, 4/26, 5/24, 5/31, 6/7, 8/23
Saturday Afternoons 1pm-2:30pm - \$10	Except (No 9/9 to 11/4), 3/2, 4/27, 5/25, 6/1, 6/8, 8/24

#### **Holiday Break Extra Public Skates**

Nov 25 6:30pm, Nov 26 12pm, Dec 26 3:30pm, Dec 27 3:30pm, Dec 28 3:30pm, Dec 29 3:30pm, Dec 30 3:30pm, Dec 30 8:15pm, Dec 31 3:30pm

## **UNLIMITED SUMMER PUBLIC SKATING PASS**

Purchase a pass to attend unlimited Public Skating from June 15, 2024, to August 31, 2024 - \$185 Skate rentals included in price

#### **OPEN HOCKEY**

Full Equipment Required. Pucks NOT provided.

Youth players must wear a full cage and full equipment.

Times subject to change

Friday Lunch Time Ages 17 & Up	1:40p-3:05p <i>\$10/Player</i>	September 1, 2023, to Aug 23, 2024 (No 11/24, 12/29, 3/1, 5/24, 5/31, 6/7, 6/14,7/19, 7/26, 8/23)	
Friday Night Ages 17 & Up Must show ID	10:25p-11:40p Sept 1 to March 15 \$10/Player 10:10p-11:25p Mar 22 to Aug 23	Runs Sept 1, 2023, to Aug 23, 2024 (As of 6/12/23) No -10/6, 11/3, 11/10, 12/1, 2/2, 2/16, 2/23, 3/1,4/26, 5/24, 5/31, 6/7, 8/23) Check web to confirm dates	
Youth Open Hockey Ages 17 & Under	TBA \$10/Player	Check website for updates	

## PARENT/CHILD STICKTIME

Open to Families. Players under 5-to17 full gear required plus helmet with mask. Over 18 require a Helmet, Stick, Gloves and Skates. No private lessons or instruction. \$25/family. \$5 Additional for Non-Family Member. Max 3 Children.

#### Fall/Holiday Sessions

9/2 2:45pm – 11/26 1:40pm, 12/23 245pm, 12/24 2:45pm, 12/26 2pm & 5:15pm, 12/28 5:15pm, 12/29 2pm & 5:15pm, 12/30 5:15pm, 12/31 2pm & 5:15pm Spring/Summer 2pm-3:15pm

March 17 to August 25 – (No 3/24,3/31, 4/28, 5/12,5/26, 6/2, 8/25) **2023-24 Season Rink Closed on** 

9/4, 11/23, 12/25, 3/31, 5/12, (5/24-to-6/8); 7/4

## LEARN TO SKATE

Have fun while learning the fundamentals of ice skating! No previous skating experience is required. All classes have a 25 min group lesson and a 25 min. supervised practice. Students may bring one adult Parent/Guardian on ice during ONLY during their 25 min. practice for a fee. No siblings or other coaches instead of parent! HELMET RULE: All children aged 7 and under are REQUIRED to wear a bike or hockey helmet. We do **not** loan helmets. You can purchase a bike or hockey helmet in the rink pro shop.

Session	Thursday	Fridays	Saturdays
X = No class offered	"Tots" 1:40pm-2:30 \$160 (Tots are 4 to 6yrs old)	6:35pm-7:25pm* \$160 (Ages 5 to adult)	11:00pm-11:50pm \$160 (Ages 4 to adult)
Session 1	Sept. 7, 14, 21, 28 Oct. 5, 12, 19	Sept. 8, 15, 22, 29 Oct. 6, 13, 20	Sept. 9, 16, 23, 30 Oct 7, x, 21 (6 classes \$140)
Session 2	Oct 26 - Nov. 2, 9, 16, X, 30 Dec. 7,14, 21 (8 classes \$185)	Oct 27 Nov. 3, 10, 17, X Dec. 1, 8,15, 22 (8 classes \$185)	Oct 28 Nov. 4, 11, 18, X Dec. 2, 9, 16
Session 3	Jan. 4, 11, 18, 25 Feb. 1, 8, 15	Jan. 5, 12, 19, 26 Feb. 2, 9, 16	Jan. 6, 13, 20, 27 Feb. 3, 10, 17
Session 4	Feb. 22, 29 Mar. 7, 14, 21, 28 Apr. 4	Feb 23 - Mar x, 8, 15, New time 6:15p-7:05p starting Mar 22 Mar 22,29 - Apr. 5, 12	Feb 24, Mar x, 9, 16, 23, 30 Apr 6, 13
Session 5	Apr. 11, 18, 25 May 2, 9, 16, 23	New time 6:15p-7:05p Apr 19, x May 3, 10, 17, x June x, 14 (5 days-\$115)	April 20, x, May 4, 11, 18, x Jun x, x, 15, 22, 29
Session 6	N/A	New time 6:15p-7:05p Jun 21, 28 July x, 12, 19(4 days-\$95)	N/A
Session 7	N/A	New time 6:15p-7:05p July 26, Aug. 2, 9, 16 (4 days-\$95)	N/A

Learn To Skate Summer Camp–June 17, 2024- \$400 per skater
– See camp page

# A DIFFERENT SKATE OF MIND

ADULT LEARN TO SKATE PROGRAM

"A Different Skate of Mind"

Adult ONLY LTS Class is a 45min. lesson with no extra practice. Open to Adults & Late Teens - Ages 14 & older

Session 4:	Session 5:
Saturday 8:30AM-9:15 \$115	Saturday 8:30-9:15AM \$99
Mar 23, 30 Apr.6, 13, 20, x, May 4	May 11, 18, x, Jun x, x, 15, 22, 29
(6 classes)	(5 Classes)

## **BIRTHDAY PARTIES**

Make your child the star of the rink with our ice-skating parties! All parties require a \$75 non-refundable deposit before the date of the party is confirmed. A 20-minute lesson can be added for an additional \$35. All parties include Party host, skate rental, admission, endless fountain drinks, and Party area (room depends on size of party.) Party Questions call 610-458-9160 x105 or email tammy@powerplayrinks.com. Deposit may be made online to reserve a date. Cake, candles and lighter not provided.

Friday night parties run 7:45-10:15pm (7:45-8:45pm all food/drinks served - before skate time)Saturday afternoon parties run 12:30-3pm. (food served 12:30-1,then 2:30-3pm cake is served &party ends) All parties have an additional \$25 gratuity added on the end that goes directly to server.

#### **BASIC PARTY PACKAGE \$350**

10 guests plus the party child (\$12 each additional guest). 2 slices of pizza per guest and a goodie bag. All basic parties are scheduled during Public Skating sessions.

#### VIP PARTY PACKAGE \$650

Open to 49 guests or less. 10 Pizzas, 1 hour of private ice, 2 skate guards to monitor ice, No hockey, sticks, pucks, etc., are permitted during parties. (Only available March-August. or Holiday breaks)

#### **OFFICE HOLIDAY PARTY PACKAGE \$650**

Open to 49 guests or less. 10 Pizzas, 1 hour of private ice, 2 skate guards to monitor ice. No hockey, sticks, pucks, etc., are permitted during parties. (Only available over Holiday breaks)

## LEARN TO PLAY ICE HOCKEY

Ages 5-14

We offer a Learn to Play Hockey class that is devoted to enhancing the hockey skills needed to advance players into youth ice hockey. Our philosophy is to allow players to develop their hockey skills while growing their love for the game. Every week the players will work on skating skills, puck skills, and partake in some type of game to keep them coming back for more. All participants are required to start in Learn to Skate and be able to skate around ice easily without falling, they must be able to stop, and move backwards. If a player is not ready you could be asked to return to LTS for more seasoning. After completion of LTP new hockey players under 8 years old can move on to Bulls Mites in the Spring or the Dyna-Mites. Players 9 to 14 can play Youth Spring League or Kings Developmental in the Winter.

#### **Required Equipment**

See the US Hockey Supply Pro Shop for discounted LTP Hockey Equipment Package. Required...Hockey helmet w/ cage, elbow pads, gloves, cup/pelvic protector, hockey shin pads, ice hockey stick, shoulder pads and hockey pants. Rental skates are provided free of charge for those who need them.

Session	Day/Time	Dates	
Session 1 6 weeks \$140	Saturday Sep. 9, 16, 23, 30 Oct 7, x 12pm-12:50pm		
Session 2	Saturday	Oct 28 Nov. 4, 11, 18, X	
7 weeks \$160	12pm-12:50pm	Dec. 2, 9, 16	
Session 3	Saturday	Jan. 6,13,20,27	
7 weeks \$160	12pm-12:50pm	Feb. 3, 10, 17	
Session 4	Saturday	Feb 24, X, Mar 9, 16, 23,30	
7 weeks \$160	12pm-12:50pm	Apr 6, 13,	
Session 5	Saturday	April 20, May 4, 11, 18, x	
7 weeks \$160	12pm-12:50pm	June x, x, 15, 22, 29	
Session 6 4 weeks \$95	**Friday 7:15pm - 8:15pm	, Julie 21, 26 July X, 12, 19	
Session 7 4 weeks \$95	Friday 7:15pm - 8:15pm	July 26 August 2, 9, 16	



## KINGS DEVELOPMENTAL HOCKEY PROGRAM

This program is a perfect transition for players coming out of Learn to Play or as a supplement for those playing Scholastic hockey. The teams focus on developing individual skills, teaching hockey concepts to create well rounded players and prepare them for the Kings full travel program. Players born between 2009 & 2014 will participate in 15-20 on-ice practice sessions at Power Play, 12 games, jersey, socks, great coaching, a Year End Party with Friends & Family Skate. Program runs 10/7/2023 – 3/20/2024. More info available online at skatepowerplay.com under hockey tab.

\$850 per player.

Contact Tom Tom@powerplayrinks.com - 610-458-9160 x108

www.skatepowerplay.com



#### **One Day Group Figure Skills Clinic**

One Day skills clinics are great for figure skaters to be exposed to a variety of techniques on a day off from school. Session includes one hour of instruction and fifteen minutes of fun. Open to figure skaters who have passed Basic 4 and above. Pre-registration required. Clinics Nov 21-10:15am-11:30am & Dec 24 10am-11:15am - Price: \$35 Per Day

#### **High Performance Academy Clinics**

H.P.A. is a Russian training method used by Russian skaters in stationbased groups with skaters of similar abilities. This allows skaters to learn from their peers & coaches. This format is ideal for skaters to improve skills and be challenged. The Academy is coached in rotating small group lesson with a 24-skater limit, 8-skaters per station.

Enroll for both sessions by March 1st and pay just \$310, Save \$25! Enroll on Edge enrollment webpage Session 1-March 15,22,29- April 5–5:05p-6:05p Price:\$150 Session 2-April 12,19–May 3,10,17–5:05p-6:05p Price \$185

#### **Exton Edge Figure Skating Club**

The Exton Edge FSC offers freestyle skating, shows, theatre, Test Sessions and more.

Season runs Sept 1, 2023 to Aug 31 2024.
Contact Zach@powerplayrinks.com
Edge program info and pricing for next year is on this site.
https://skatepowerplay.com/exton-edge-club/

#### **TEAM REFLECTIONS Fall/Winter Synchronized Skating**

Exton Edge & Central Penn FSC have merged into Team Reflections Synchronized Skating team. Team Reflections have competitive and exhibition Synchronized Skating teams during the Fall and Winter season. Teams are comprised of 8-16 skaters that practice and showcase their programs in various shows and competitions.

Visit www.centralpennfsc.org/teamreflections or email Becky at Hersheyett@aol.com with questions.

#### **Team Reflections Spring Synchronized Skills Clinic**

This program will develop new synchro skaters and strengthen current team members. The class focuses on 50 mins. of synchronized skating & skills with a 10-minute fun skate. Saturdays, Runs April & May;

Jan 1 enrollment opens

Visit www.centralpennfsc.org/teamreflections or email Becky at Hersheyett@aol.com

#### **Bridge Classes**

Bridge is back! Great for LTS skaters basic 4 and above to get prepared to move into figure skating. This semiprivate class is limited to 8 skaters per session. Skater may only attend one session then they will move into Exton Edge.

**Bridge 1:** Sat 8:30AM-9:15 \$115 **Bridge 2:** Sat 8:30-9:15AM \$99 Mar 23, 30 Apr.6, 13, 20, x, May 4 (6 classes) May 11, 18, x, Jun x, x, 15, 22, 29 (5 Classes)

#### **Intro to Ice Dance Clinic**

Learn to Ice Dance with Russ & Renee! Must be passed basic 6, all ages welcome. Clinic will work on tempo, expression, elements, steps, free dance, and interpretation. \$35 per day (Spring Date TBA)

#### Other Figure Skating Events

Road To Gold with Gracie Gold – Skating Clinic Nov 24 & Nov 25, 2023 Exton Edge Holiday Show (Individuals & Synchro) – Dec 16, 2023 -2:45pm

#### **Figure Summer Camps**

Theatre on Ice Camp June 10 - 14, 2024 Learn to Skate Camp, June 17 - 21, 2024

High Performance Academy Camp July 8 - 12, 2024

High Performance Academy ELITE/High School Camp Aug 5 - 9, 2024 Figure Skating Camp, Aug 12 - 16, 2024

EXTON EDGE Figure Skating Club Website - skatepowerplay.com/figure-skating/



#### **EAST PENN SPEED SKATING CLUB**

Visit us at WWW.EASTPENNSPEEDSKATING.COM Registration for all of these at SKATEPOWERPLAY.COM click "Speedskating" then "Register"

HEAD COACH FORMER U.S.A. OLYMPIC SPEEDSKATER - C. Kyle Carr Kyle speed skated in the World Championships for Team USA in 2011 to 2013, Kyle won the Bronze medal in the 2013 Worlds. In 2014 Kyle skated for the US Olympic Speed Skating team in the Sochi Olympics and studied Exercise Science at Northern Michigan University. He has been the Head Coach of East Penn Speed Skating for the past 7 years.

#### Winter Club Season

East Penn Speed Skating Club's Winter Club Season is the regular season for speed skating. Become a team member today! New members welcome but must purchase Speed Skates, Speed Suit & team apparel are required. Coaching included in fees plus off-ice work outs in The Lab with a trainer on Thursday skating days from 5:20pm to 6:05pm. Ice days are Saturday Afternoons and Thursday Nights with limited Sunday's - See East Penn website for info & to enroll. Questions email eastpennssc@gmail.com

#### **Spring Speed Skating**

Ready to develop your speed and make your times faster with Spring Speed Skating. New members always welcome but Speed Skates & team apparel is required. Coaching included plus off-ice work outs in The Lab with a trainer only on Thursday's skating days at 5:20pm to 6:05pm. Register at skatepowerplay.com. Questions, email eastpennssc@gmail.com

#### **Summer Speed Skating Clinics**

This summer try a speed clinic to stay sharp, stay fresh and prepare for the upcoming season. Register for the skate at www.skatepowerplay.com -Speed Skates & team apparel is required.Includes coaching & ice time. Questions, email eastpennssc@gmail.com

#### **Learn to Skate with Speed Skating**

During Power Play's LTS classes our Former Olympian now Speed Skating coach will come out to a class of LTS for skaters who maybe up to SPEED to try Speed Skating.

Contact Jeff for more info jmg@powerplayrinks.com

#### One Day Free Trial Pass with Speed Skating

Try Speed skating for free! Register online with us and come on at and give it your all. Contact Bill or Jeff to set up the visit day on our regularly scheduled team ice. You must have passed Basic 2 in LTS to enroll. Come out any time, always welcome!

Registration for all of these at SKATEPOWERPLAY.COM click "Speedskating" then "Register"

Visit us at WWW.EASTPENNSPEEDSKATING.COM



# Chester County Cannons Cannon



## **Cannons Mite Full Ice Hockey** Spring & Fall Seasons Ages 6-8

We offer an alternative program to further develop our advanced Mites with full ice hockey. The Cannons play in the Fall in the AAU - MAMA league and also offer a fun Spring League. For more info visit www.cannonshockey.com

Cannons 2024 Mite Full Ice Spring Season (AAU MEMBERSHIP REQUIRED - \$16.00) 8 Sunday Games at 4:50pm-6pm - \$120 March 24(5:15pm start), April 7, 14, 21, X, May 5, 19, X, June X, 9, X, 23 – Includes Spring Jersey Cannons Mite Full Ice Fall/Winter Tryouts 2024-25 season June 30, 2024 – 4:50pm – Pre-registration required Cannons Questions contact Tom@powerplayrinks.com or 610-458-9160 x108

#### Chester County Cannons - Girls Spring Hockey Chester County Cannons Girls 2023-24 Spring Hockey! Ages 9-12

Get ready for another exhilarating season of spring hockey with the Chester County Cannons Girls team! Our team is excited for a 2nd Season, filled with more excitement, growth, and a passion for the game.

Age Group: Girls born between 2011 and 2015 (u10/u12) -(USA Hockey number required)

Registration Deadline: 3/11/24 - Season runs: 4/11/24 to 6/16/24 Program Details: Jersey, 6 Practices (Thurs 6:20pm), 2 Games and 1 Tournament included in price at St. James DC (Hotel/Travel not Included). Registration Fee: \$400 - email Tom@powerplayrinks.com for info



## **Bulls Summer Selects**

Program dedicated to players who want to advance their game during the off season. Players will train to bring their game to the next level. We try to accept every player, however there are some cases where we need to cut players. Please register online by March 1 with a \$100 deposit. U10 & U12 Tryouts April 24, 2024 at 5:25pm

BIRTH YEAR	PROGRAM DETAILS	COST
Bulls MITES 2016 & Younger	12 Station-Based Skills Clinics - Mondays 5:50-6:50pm 9 cross or Half-Ice Scrimmages - Fridays 7:15pm Bulls Practice Jersey Included (No ice 3/15,4/15,4/26,5/24,5/27,5/31, 6/3,6/7) Mite Program runs March 11, 2024 - June 17, 2024	\$365
Bulls U10 & U12 2015-2012	6 Skills Clinics Weekends & weekday Team Practices (Wed.) Plus 1 Tournament, Game Jersey & socks included in price. April 24 5:25p Tryouts; Practices run from May 1 to June 23	\$495

Players not offered a spot will receive an \$85 refund. New Bulls Game Jersey and Socks are included for u10 & u12

Bulls Mites DO NOT need to purchase a jersey or socks; Mite jerseys will be provided. \*U10 or U-12 Any hotel stays will be paid by player's family. Additional tournaments are available at additional costs for U10-U12.

# 2023-24 Fall/Winter Youth Hockey Programs

		<u>,                                    </u>
DYNA-MITES Boys/Girls 2015-2017		The Dyna-Mites are one of the top Mite DVHL programs in the area! We provide practice twice a week, games & private shooting lessons. Contact Tom@powerplayrinks.com or enroll at skatepowerplay.com
EXTON KINGS Boys/Girls 2014/2005	LUNGE	Kings Ice Hockey Tier II is a non-profit parent run ice hockey program that participates in the DVHL fielding AA, A & B teams. Program includes 40+ games, 50+practices, weekly off ice training, 2 shooting lessons, summer practices, professional coaching staff and a competitive league schedule.  Visit www.kingshockey.org
KINGS DEV. Boys/Girls 2014-2008		KINGS DEVELOPMENTAL PROGRAM  Kings Developmental program is a rink run program offering a chance to play ice hockey for children new to the sport. We work with the Kings Tier II travel program as a feeder to develop players that eventually move into the Kings. Season runs from October 7 to March 20 to allow for other fall sports. Questions contact tom@powerplayrinks.com
MIGHTY MOOSE GIRLS/ Women 2013 to Adult	MOOSE	Mighty Moose provide competitive, affordable ice hockey and quality instruction to girls teams & women teams. Contact Paula for more info at Admin@mightymoose.com or visit www.mightymoosehockey.com
CANNONS BOYS/GIRLS 2015-2017 Girls Spring 2011-15		The Chester County Cannons are a full ice AAU Mite programs that play in the Mid Atlantic Mite Association in PA, NJ & NY. Also there is a girls Spring team. The Cannons information can be found at skatepowerplay.com Contact Tom@ powerplayrinks.com or extension-x108
PA HUNTSMEN BOYS Junior Hockey 2007-2003		The Pennsylvania Huntsmen Junior team will field three teams this season, in the highly competitive Eastern Hockey League (EHL), an EHL Premier team and a U18 independent team. The mission is to develop and advance players to NCAA Men's Ice Hockey. The Huntsmen ages range from 16 to 20 years old. The team practices 4 times per week & play 48 Games. Lodging & private bus to away games included. Come out for an ID skate! Follow this season on Instagram at @pahuntsmen.  More info contact Zach at Zach@powerplayrinks.com Check us out at www.pahuntsmen.com



USA Hockey Registration is required for all Youth League Programs. USA Hockey has an additional cost and is good from the 1st week of May until the following August 31st.

Register online - www.usahockeyregistration.com





#### 3 v 3 Futsal "Cross Ice" Hockey Tournament

U10/U12 & U14/U16 Division Winter - December 27th & 28th Games played 3-on-3 plus a goalie. Games played half ice with boards. Penalties are Penalty Shots. All divisions are non-check. Officials and Scorekeepers. Games are 2-15 min. running clock periods. Playoffs and Championship for top teams. Individual registration only. Teams divided by Director, no requests. 6 Game Minimum. \$125 per player.

### **Youth Spring League -2024**

The Spring League is great for players to come out and play a weekly game in the Spring. Teams are broken up evenly to create good competition, some player movement may be made after to maintain balance. Open to birth years 2015 to 2012. The league consists of an evaluation, 12-games, and a final on June 30. Games will be played mainly on Saturday nights and Sunday afternoons with one Wednesday.

Evaluation: March 17 at 5:15pm!
Games runs March 20 to the Finals on June 30.

**Price:** \$335 includes jersey - Register by Feb. 2nd, receive \$25 discount.

#### 4 on 4 Summer Skate - 2024

This program has kids come out once a week to play a game to stretch their legs and have fun over the Summer. Each week the teams will be broken up differently. Program includes 6-games and pinnie. All divisions will be NON-CHECK!

U8 - Birth Years 2015 and Younger — Tuesdays (U8 - Five weeks no 8/6 = \$125 early bird by May 15-Save \$25

U10/U12 - Birth Years 2014-2011 - Mondays 5:35pm U14/U16 - Birth Years 2010-2007 (No check) - Tuesdays 6:25pm \*\*GIRLS ONLY DIVISION – 2015-2010 (No check)—Tuesdays

\*\*\*(5 weeks no 8/6 = \$125 early bird by May 15–Save \$25 Season Runs: July 1 to August 6

Price: \$150 Register by May 15 and receive a \$25 discount



### **College/Junior Super Series**

Sunday league designed to play weekly against highly talented local college & junior players. Must be 18! (allowed ages 18-to-21), must wear full cage, games 1.5hrs with refs, coach)

Games on Sunday between 3:30pm & 7pm start times, see schedule; May 19 to August 11 (no skates on 5/26 or 6/2) \$225 per player. Enroll at skatepowerplay.com – Teams will be made by Commissioner.

Questions? Contact Zach at 610-458-9160 x107 or

zach@powerplayrinks.com

## **Junior Hockey Programs**



#### Pennsylvania Huntsmen – Eastern Hockey League **HUNTSMEN PROGRAM INFORMATION**

42-46 Games, 3 showcases, 4-5 Practices Weekly: Mon, Tues, Wed Thurs, Fri EHL AM Practices, EHLP Afternoon Practices, 3-4 Off Ice Work Out Sessions Weekly August Training Camp, In Season Video Sessions

#### **TRAVEL**

Team Bus for All Games Over 100 miles, All hotel fees Included, 2 Meals Per Day on the Road

#### **GAME ACTION**

15 Minute Warm Up, 3 – 20 Minute Periods, Ice cut between all periods All games broadcasted on Hockey TV by a Play By Play Announcer

#### **TRAINING**

Strength & Conditioning Coach, Team Nutritionist, Team Sports Psychologists Athletic Trainer at all games, Athletic Trainer Weekly at Practice, Baseline Concussion Testing for All

#### **TEAM FACILITIES**

Dedicated Locker Room, Video Room, Work Out Room PLAYING GEAR Game Jerseys, Game Socks, Shell & Socks, Practice Jerseys & Socks, Hockey Helmet, Hockey Gloves, Skate Sharpening, Hockey Bag, Helmet Stickers, Tape & Skate Laces

#### **TEAM GEAR**

Team Performance Pants, Team Performance Shirt, Team Shorts, Team Backpack, Team Performance Sweatsuit. Junior Tuition - \$11,300

#### **BECOME A BILLET FAMILY**

Billeting is a great way to meet people and to impact a young person's life. The importance of billet families to our program is immeasurable. Part of our commitment to our players and their parents is to help provide them with a good home. Their time with the billet family is a very important time in their lives. They are away from their friends and family (often for the first time), so billets become their surrogate family. While the billet families receive some monetary compensation, the real rewards are in the lasting relationships that are formed.

When a family volunteers to house a member of the team, they are required to provide room and board for the player. This includes providing nutritious food that is available for them to prepare, or for the billets to prepare for them. In addition, billets must be able to provide the player with their own room and a closet. Billets are expected to treat the players as "One of the family" and not just a renter. The same goes for the player, which includes daily tasks such as cleaning up after themselves. The Huntsmen have team guidelines and policies that the players must follow. We expect our billet families to uphold and enforce these team rules. All billet house rules will need to be communicated

to the player when they arrive.

How long is a billet family's commitment? Training Camps and exhibition games begin in August, and the season is September through March. When the schedule permits, players do have the option to return home (ex. for holidays). Families receive a monthly billeting payment for each player. Some billet families have found it easier to house two (2) players because they can travel together and are company for each other. The only thing that is really needed is a willingness to help a player pursue their dream by providing a safe home. If you're interested in learning more about being a Billet Family or have questions; contact: Jenn Smolenski - jsmo815@yahoo.com - Billet Coordinator or

Zach Overholtzer – zach@powerplayrinks.com Huntsmen General Manager



#### OTHER JUNIOR OPPORTUNITIES

EAST COAST PROSPECTS - Camps, Pre-Draft & Chowder Cup Teams Spring/Summer 2024, e-mail Zach for more details

## SKILLS CLINICS

#### **Hockey One-Day Skills Clinic**

One-day skills clinics are great for players to focus on the game on their school day off. Clinics work on a variety of skills with an hour of instruction & 15 minutes of games. One-day Clinic is open to 2015-to-2010's. Dates: 9/25 - 8:45am-10am, 10/9 - 8:45am-10am, 11/7 - 8:45am-10am, 11/24 8:45am-10am, 12/24 - 11:30am-12:45pm, 12/31 -8:45am-10am, 1/1 10:30am-11:45am, 4/10 - 10:30am-11:45am \$35 per session

#### **Beginner Power Skating**

Beginner Power Skating is a clinic that is ideal for AA, A, B, and beginner level players to focus on developing their stride, balance, and skating ability. This program is centered on improving a player's skating skills, explosion, and pure development. Open to 2009-2015 Birth years. 4 Classes. - Price: \$140 (Early bird by 2/15 save \$25) 3/10 2:35pm-3:50pm, 3/12 7:50pm-8:50pm, 3/19 7:50pm-9pm

## 4/7-9:45am-10:50am PRE-EVALUATION SKATES



U10/U12: 3/10/24 1pm-2:15pm U14: 3/16/24 2:40pm-3:55pm U16: 3/30/24 2:40pm-3:40pm U16/18: 4/6/24 - 2:40pm-3:40pm Ran by the Power Play Coaching Staff. Register online at skatepowerplay.com - \$35 Per Session

#### Semi-Private Hockey Training

Semi Private Lessons create an environment with less distractions and more individual attention. These sessions include 50-minute of weekly semi-private lessons. There will be a max of 6 players per coach. Lessons will work on a variety of skills and can be requested, minimum 2-year travel experience.

Session 1 - March 4,11,18,25 April 1,8,15- Mondays 4:50p-5:40p Price: \$245(Early bird by 2/15 save \$25)

Session 2 - April 22,29 May 6,13,20, June 10,17- Mondays 4:50p-5:40p - Price: \$245(Early bird by 3/15 save \$25)



#### **Robby Glantz Power Skating**

"SKATE LIGHTNING FAST" with the speed coach for the Pro's in March & August dates will be available on www.robbyglantz.com; THE Step-by-Step Program for HOW TO Skate Faster. www.robbyglantz.comCheck his site for NHL Network TV interviews - 2 Days/4+ Hours of Ice. Runs March & August - 2024

#### **Gritty Not Pretty**

This wildly popular 13-week clinic has 3 different classes to choose and is dedicated to improving a player's physical game. Gritty works on executing a check, receiving a check, proper body positioning, how to win battles in the corner, puck control under pressure, playing with intensity, safety, and much more.

<u>Grit definition - resolution, fortitude, courage. Open to birth years</u> 2012 to 2006 and approved 2013's.

Xmas Break Clinic - Dec 28 2pm-3:15pm, Dec 29 6:45pm-8pm, Dec 30 6:45pm-8pm - Price \$99 (3 days)

Spring Clinic 1-Tuesday-March 5 to June 11-5:30pm-6:30pm (3/5 is at 5:55p) (No 5/28,6/4) - Price \$275

Spring Clinic 2—Tuesday-March 5 to June 11-6:40pm-7:40pm (3/5 is at 7:05p) (No 5/28,6/4) - Price \$275

Spring Clinic 3 - Thursday - March 7 to June 13 - 5:10pm-6:10pm-(No 5/30,6/6) - Price \$275

Gritty Summer 2024 - July 1, 8, 15, 22, 29 Aug 5 - 7pm-8pm -**Price** \$150 (6 Nights)

## SKILLS CLINICS Continued

#### **Advanced Power Skating**

Advanced Power Skating takes a more intricate approach to edge control and generating power. This 5-day clinic is open to advanced and elite level skaters. Open to birth years 2006-2013. **Price: \$140**(Early Bird by Feb 15 Save \$25)

April 2nd 7:50p-8:50p, Apr 3rd 7:25p-8:40p, Apr 9th 7:50p-8:50p, Apr 10th 6:35p-7:35p

#### Shoot -2- Score Clinics

This clinic works on stick handling - from dekes, skating through traffic, skating in open ice, passing, proper techniques on giving a pass, receiving a pass, receiving a pass on the move, shooting to score and how to shoot hard but also with accuracy. Open to birth years 2015-2008. SPRING 2022: (4 days) March 4, 11, 18, 25 at 7pm-8pm - Price \$140 (Early bird by 2/15 save \$25)



#### The Best Defense Hockey School - Spring Skills Clinic

This clinic is for players looking to become a better defenseman or any player striving to become stronger defensively. The class will focus on defensive skills, positioning, backward skating, read and react using the same proven drills that are used during the hockey camp that has been operating since 1999. Birth years 2013-2006. Runs **April 1**,

**8, x, 22,29 May 6** – Monday – 5 Nights - 7pm-8pm **Price \$175** (Early bird by 3/15 save \$25)

#### Just Score!

This clinic only focuses on one thing, Scoring Goals! We focus on proper shooting technique, shooting lanes, high percentage scoring zones, and other tactics on scoring goals and increasing production.

The clinic is open to birth years 2015-2008. 5-Nights

Runs **May 13, 20, X - June X, 10, 17, 24** – Monday - 7pm-8pm **Price \$175** (Early bird by 4/15 save \$25)

#### Summer Power Skating

Power Skating is a clinic that is ideal for all players to focus on developing their stride, balance, and skating ability. This program is centered on improving a player's skating skills, explosion, and pure development.

Open to 2007-2015 Birth years. June **25**, July **2,9,16,23,30**. 7:50pm-8:50pm. **Price \$195**(Early bird by 5/15 save \$25)



#### **Dynamic Edge Power Skating**

Power Skating clinic focusing on edge work! Taking the skater past their comfort zone and refining their edgework for both inside and outside edges which is usually not an area of focus. Open to 2007-2015 players.

July 13, 20, 27, August 3 - Saturdays 2:40pm-3:40pm. Price \$140

(Early bird by 6/15 save \$25)



iTrain Hockey – Start playing the best hockey of your life! with social media sensation Sean Walker on March 23 & 24 - 2024 Open to multiple age groups - enroll at www.itrainhockey.com



Pro stride Elite Skating - Skate like a pro with Pro Stride
Pro Stride are leaders in skating development and will be at Power
Play June 21-23, 2024. Visit www.prostrideskating.com to enroll.

## ADULT HOCKEY PROGRAMS



#### BEARDED HOCKEY PROGRAMS

Bearded Hockey is gives more "seasoned" hockey players an opportunity to enjoy hockey without chasing the younger players. Bearded Hockey players are required to purchase/wear a reversible green/white jersey bought in the pro shop. Each week, teams are changed to keep the games competitive. Includes one official & score keeper. No walk-ons, no fighting ever! USA Hockey number & Full equipment and a cage/half shield required.

#### **GREY BEARD**

SESSION	AGE & FEE	DATES
Fall/Winter 2023-24 Saturday Nights	35 & Older \$325 (21 Weeks)	Runs Sept. 9 to Feb 17 10:30pm-1145pm (No ice on 11/25, 12/23, 12/30)
Spring / Summer 2024 Mondays	35 & Older \$370 (23 Weeks)	Runs Mar. 4 to Aug. 26 8:10pm-9:25pm (No ice on 5/27, 6/3,7/1)
Spring / Summer 2024 Tuesdays	40 & Older \$370 (23 Weeks)	Runs Mar. 5 to Aug. 27 (3/5 9:25p start time) 9pm-10:15pm (No ice on 5/28,6/4, 7/2)

#### WHITE BEARD

SESSION	AGE & FEE	DATES
Spring 2024 Wednesday	50 & Older \$370 (23 Weeks)	Runs Mar. 6 to Aug. 28 8:55pm-10:10pm (No ice on 5/29,6/5, 7/3)



#### 3 vs. 3 Adult Cross-Ice Tournament Sunday November 26, 2024

6 Skater Teams+1 Goalie, Music played during games, Non-Check, No Slap Shots, Referee & Scorekeeper, Penalties are Penalty Shots, Major Penalties are tournament ejection. Open to "C" Level Players and approved B/C level players ONLY. Must have 25 or less penalty minutes in the Adult League, Director will break up teams or make your own, 4 – 25 Minute Running Clock Game Minimum. Top four teams advance to Final or Consolation. Includes Buffet after the Tournament. Cost \$65 per individual player -or-Team Price \$399 Per team of 6 skaters +1 Goalie

99/99



#### **Adult Hockey League**

The ROHL is Power Play Rinks adult hockey league. The ROHL runs 2 seasons a year:Fall/Winter (September-March) \$5,799 Spring/Summer (April-August) \$5,799 - 20 Games + Playoffs,

(3) 15-minute periods + Overtime

#### **Payment Schedule**

10% Champions Discount, 10% Discount if Paid in Full Before 1st Game Visit the league site at TheROHL.com

Fall/Winter 2023-24	Spring/Summer 2024
\$1,000 Deposit Due Sept 1, 2023	\$1,000 Deposit Due March 15, 2024
\$2,000 Due Oct 1, 2023	\$2,000 Due April 15, 2024
\$2,000 Due Nov 1, 2023	\$2,000 Due May 15, 2024
Remaining Balance Due Dec 1, 2023	Remaining Balance Due June 1, 2024

Registration can be done individually or as a team. Contact Zach@powerplayrinks.com for more information

#### ADULT HOCKEY PROGRAMS CONTINUED

#### ADULT INSTRUCTIONAL HOCKEY (FORMERLY STAMPEDE)

Want to play hockey but aren't quite ready for leagues? Do you play in a league now but just aren't satisfied with your skills? If so, this is for you! Learn the game of hockey from individual skills to all out-team play. Sessions include coaching and a jersey. Games will be played inter-squad if enrollment allows or an opponent will be assigned. Required: Hockey Helmet with half shield or mask, Elbow Pads, Gloves, Hockey Pants, Shoulder pads, hockey socks, Shin Pads, cup/pelvic & Stick. Gear available ushockeysupply.com

Fall 2023 – Monday's	\$175	
Sept 11 – 9:35pm-10:35pm	Oct 9 - 9:35pm-10:35pm (Game)	
Sept 18 – 9:35pm-10:35pm	Oct 16 – 9:35pm-10:35pm	
Sept 25 – 9:35pm-10:35pm	Oct 23– 9:35pm-10:35pm (Game)	
Oct 2 – 9:35pm-10:35pm	X	
Fall/Winter 2023 – Monday's	\$200	
Oct 30– 9:35pm-10:35pm	Nov 27– 9:35pm-10:35pm	
Nov 6 – 9:35pm-10:35pm	Dec 4 – 9:35pm-10:35pm (Game)	
Nov 13 – 9:35pm-10:35pm	Dec 11 – 9:35pm-10:35pm	
Nov 20 – 9:35pm-10:35pm	Dec 18 – 9:35pm-10:35pm (Game)	
Winter 2024 – Monday's	\$215	
Jan 8 – 9:35pm-10:35pm	Feb 5 – 9:35pm-10:35pm	
Jan 15 – 9:35pm-10:35pm	Feb 12 – 9:35pm-10:35pm (Game)	
Jan 22 – 9:35pm-10:35pm	Feb 19–9:35pm-10:35pm	
Jan 29 – 9:35pm-10:35pm (Game)	Feb 26 – 9:35pm-10:35pm (Game)	
Spring 2024 – Thursday's	\$200	
March 7– 8pm-9pm	April 4– 8pm-9pm	
March 14 – 8pm-9pm	April 11 – 8pm-9pm (Game)	
March 21 – 8pm-9pm	April 18 – 8pm-9pm	
Waterizz Opini Spini	Aprii 18 – 8pm-9pm	
March 28 – 8pm-9pm	April 18 – 8pm-9pm (Game)	
· · ·		
March 28 – 8pm-9pm	April 25 – 8pm-9pm (Game)	
March 28 – 8pm-9pm Spring / Summer 2024 – Thursday's	April 25 – 8pm-9pm (Game) \$175	
March 28 – 8pm-9pm Spring / Summer 2024 – Thursday's May 2 – 8pm-9pm	April 25 – 8pm-9pm (Game) \$175 June 13 – 8pm-9pm	
March 28 – 8pm-9pm Spring / Summer 2024 – Thursday's May 2 – 8pm-9pm May 9 – 8pm-9pm	April 25 – 8pm-9pm (Game)  \$175  June 13 – 8pm-9pm  June 20 – 8pm-9pm (Game)	
March 28 – 8pm-9pm  Spring / Summer 2024 – Thursday's  May 2 – 8pm-9pm  May 9 – 8pm-9pm  May 16 – 8pm-9pm	April 25 – 8pm-9pm (Game)  \$175  June 13 – 8pm-9pm  June 20 – 8pm-9pm (Game)  June 27–8pm-9pm	
March 28 – 8pm-9pm  Spring / Summer 2024 – Thursday's  May 2 – 8pm-9pm  May 9 – 8pm-9pm  May 16 – 8pm-9pm  May 23 – 8pm-9pm (Game)	April 25 – 8pm-9pm (Game)  \$175  June 13 – 8pm-9pm  June 20 – 8pm-9pm (Game)  June 27–8pm-9pm  X	
March 28 – 8pm-9pm  Spring / Summer 2024 – Thursday's  May 2 – 8pm-9pm  May 9 – 8pm-9pm  May 16 – 8pm-9pm  May 23 – 8pm-9pm (Game)  Summer 2024 – Thursday's	April 25 – 8pm-9pm (Game) \$175  June 13 – 8pm-9pm  June 20 – 8pm-9pm (Game)  June 27– 8pm-9pm  X \$215	
March 28 – 8pm-9pm  Spring / Summer 2024 – Thursday's  May 2 – 8pm-9pm  May 9 – 8pm-9pm  May 16 – 8pm-9pm  May 23 – 8pm-9pm (Game)  Summer 2024 – Thursday's  July 11–8pm-9pm	April 25 – 8pm-9pm (Game)  \$175  June 13 – 8pm-9pm  June 20 – 8pm-9pm (Game)  June 27– 8pm-9pm  X  \$215  Aug 8– 8pm-9pm	

## **ADULT TRY HOCKEY FOR FREE**

Ready to try ICE HOCKEY?

Join us Thursday March 21, 2024 from 8p-9p,

Register at skatepowerplay.com

This event is open to new players and players new to the building. Bring your own helmet or buy one at our pro shop.

www.skatepowerplay.com

#### 2023-24 EVENTS SCHEDULE

		110 0011	
KEGS KEGS EGGS	<b>3 v 3 Kegs &amp; Eggs</b> Sunday November 26, 2024	4 Game min, 6 Players/Team \$399/Team OR \$65/Individual	Adult B, C Level, Non-Check, Cross Ice
TRAINING CAMP	Figure Skating Camp November 24-25, 2024	Join former Olympian Gracie Gold in specialized skills clinics for experienced skaters	Experienced Figure Skaters & middle range adults
FUTSAL JOURNAMENT 3 × 3	3 v 3 Futsal U10/U12 Or U14/U16 Division December 27-28, 2024	6 Game min, 6 Players/Team Half Ice, Individual Registration \$125/Player	U10/U12 Or U14/U16 Divisions
	DVHL Placement Showcase April 26-28, 2024	4 Exhibition Games No Final 3 – 13 Minute Periods \$1175/Team	U14 AA, A National, A American, and B
DOTE SULVE STATE OF THE STATE O	Adult Summer Showdown July 26-28, 2024	3 Game min 4 Game Max \$950/Team	Levels: B, C All Levels Non-Check



#### PRIVATE PUCK SKILLS TRAINING

Is your player struggling to score or stick handle? We offer half hour private lessons conducted one on one with a skills coach. Private lessons offer an environment free of distractions to allow your player to improve their deficiencies at their own pace.

#### **GOALIE TRAINING ON SYNTHETIC ICE**

This is the BEST way to refine the individual skills in your goaltender. Goaltending is a difficult position; it takes mental and physical dexterity, laser focus & technical skill. This 1-on-1 lesson with a goalie coach your goalie will be able to develop or work on the specific problems they may have in their game. All lessons are 30 minutes long.

#### **BOOK YOUR LESSONS ONLINE**

Book your lesson at Skatepowerplay.com, select Camps/Clinics then Goalie Training & click the red button, Questions contact Tom at Ext. 108

#### DISCOUNTED ICE ATTIC PACKAGES FOR **PUCK SKILLS & GOALIE TRAINING**

NHL Package- 6 Sessions \$275 (\$25 Savings)

AHL Package- 4 Sessions \$185 (\$15 Savings)

ECHL Package- 3 Sessions \$140 (\$10 Savings)

Puck Skills & Goalie Training Sessions- 1 Sessions for \$50 Lessons must be cancelled 24 hours prior to the scheduled lesson time. Cancellations less than 24 hours prior to the scheduled lesson will be charged for the missed lesson. Packages must be pre-paid in advance either while or before booking



Let U.S. Hockey Supply take care of all your hockey, figure, apparel, promotional and sport needs. Our services include full embroidery and screen-printed transfers. We offer flexibility in designing your specific products.

> Open Daily - www.UShockeysupply.com Tel: 610-458-9160 ext. 103

## **2024 SUMMER CAMPS**

<b>EDGE</b> June 10-14, 2024	Exton Edge Theatre on Ice Camp Theater on Ice Camp is open to figure skaters who passed Basic 4 and above and are between the ages of 7 and 16. During this week-long full day camp the skaters are trained & perform your favorite show, that will take place at 4pm on Friday June 16. Lunch Included - \$500 per skater
MEGA MITE Jun 17-20, 2024	MEGA MITE Camp powered by Chester County Cannons & Dyna-Mites Camp aims to build the all-around MITE age hockey player! Camp will work on all aspect of hockey: power skating, puck skills & game situations. This 4-day, morning only camp includes, 1.5hrs of on ice instruction & 1hr of off-ice each day\$200 open to age 5 to 8. Day runs 8:30am to Noon
Learn To Skate Camp June 17 to 21, 2024 \$400/ Skater	New to skating? Try our Learn to Skate Camp! This five-day camp (1/2 day on Friday) includes 10.5hrs. of ice time, & office fun 'n games.  Open to Ages 5 to 11 years old. Must have helmet(bike) & clothes for on ice and outside fun. Beginners welcome! Lunch Included (not Friday). 9am drop off, 3:30pm Pick up (Friday pick up is at 12pm and come for the "Look what I can do" skate at 11:30am ) Enroll at skatepowerplay.com
June 24-28 2024 \$400 Per Week	LET 'EM PLAY Hockey Camp  2 different weeks of camps week of June 24th & Aug 5th Games, Games & More Games! This stress-free camp flips the balance of traditional camps practice plans! Don't think you're gtting off the hook! Skills are built into each battle drill or competitive situation on and off the ice! Camp runs 5 days: 4 Days at PP Rinks, 1 Day (Friday) at Marsh Creek State Park for lake and pool activities! Open to 2015-2010 & includes a catered lunch! Day runs 9am-3:30pm
July 1,2,3 - 2024 \$250	Battle Camp balances a combination of small area games and game situations to strengthen players ability to process and execute in quick situations. Learn to slow the game down while playing fast! This Full Day Camp runs 3 days because of the holiday. Two Groups: Travel AAA-A & Developmental B & House/Learn to Play. Ages - Squirt to Bantams. \$250/Player – Camp runs 9am on ice to 3:45pm pick up
July 8-12, 2024 \$400/ Skater	High Performance Academy The Exton Edge FSC offers a high-level figure camp open to figure skaters aiming to be elite. This five-day full day camp includes 3hrs. on ice, jumps, ballet or hip hop, workshops and conditioning in The Lab daily. Must be Basic 3 or higher to attend and over 7yrs old. Open to skaters from all clubs. Catered Lunch Included. (8:45am on ice, 5pm pick up)
Finland USA Hockey & Goalie Camp July 8-11, 2024	Finland USA Academy Forward, Defense and Goalie School using the techniques from Finland by former ECHL Pro & former Downingtown goalie Dave Marlin & his talented staff. Full Day camp & half day options available. Visit website below for more info www.finlandusaacademy.com Camp runs Mon. to Thurs.
July 15 – 19, 2024 July 22 – 26, 2024 July 29 – Aug 2, 2024 \$400/Week All 3 weeks \$1050 (\$150 discount)	Kings Training Camps (Arrive 8:30am/pick up 4pm) Kings Players Only! Players train their bodies & minds on and off the ice! Players will experience on ice skills sessions, concept practices, skill development & game situations. Off the ice we will hold chalk talk/video sessions, work outs, street hockey, team building and games. Lunch included. Register at skatepowerplay.com - \$1,050 for all three weeks if registered by April 30th (\$150 discount)
Aug 5 - Aug 9,2024 \$400/ per week	LET 'EM PLAY Hockey Camp – 2 different weeks of camps week of June 24th & Aug 5th Games, Games & More Games! This stress-free camp flips the balance of traditional camps practice plans! Don't think you're getting off the hook! Skills are built into each battle drill or competitive situation on and off the ice! Camp runs 5 days: 4 Days at PP Rinks, 1 Day (Friday) at Marsh Creek State Park for lake and pool activities! Open to 2015-2010 & includes a catered lunch! Day runs 9am-3:30pm
HPA – Elite/High school Aug 5 - 9 -2024 - \$200	High Performance Academy – ELITE/HIGH SCHOOL CAMP (Camp runs 9am-to-12pm)  Power Play now offers a high-level figure camp open to current elite level figure skaters. This five-day half day camp includes 7hrs. of ice & 5hrs of off-ice. Focusing on high level jumps, spins and off-ice work shops in The Lab. Applicants must be approved, if interested email Tammy@power-playrinks.com No lunch, Open to skaters from all clubs \$200
Figure Skating Camp August 12-16, 2024 \$400/Skater	Exton Edge FSC coach this five-day full day camp (1/2 day on Friday) includes 11+hrs on ice and off-ice figure skating development. Open to experienced figure skaters. Clothes required for on ice and outside activities. Lunch Included (except Friday). 8:45am drop off – 4:30pm Pick up (Friday 12pm pick up)
August 12-15,2024	Michel Larocque Goaltending Camp – PA Huntsmen Goalie Coach Goaltending camp taught by Michel Larocque, former NCAA All American, Hobey Baker Finalist & former Chicago Blackhawk. This full day camp offers 2.25 hours of ice daily. Off-ice flexibility, reflex training, goalie specific yoga, goalie video breakdown. Enroll at www.ML28Hockey.com - Ice times 10:20am & 1:45pm