

Learn to Play Hockey



Adult Clinic



Nov. 30 6:45 to 8:00pm

We want you to get started in your Adult Hockey Career! This clinic is designed to teach the basic skills of hockey in a systematic and progressive manner while at the same time being fun for the participants.

Clinic Benefits:

- *Better skating skills and agility.*
- *Finding the right teammate and hitting him or her with an effective pass.*
- *Learning how to put yourself in a good position to receive a pass.*
- *Offensive moves to make you a more effective player.*
- *Positioning yourself to score.*
- *Practicing the system of team hockey in the offensive and defensive zone.*

Clinic Cost: \$35

Equipment required:

All ICE Hockey specific required equipment.

No roller hockey equipment.

- **Helmet with facial protection**
- **Elbow and shin pads**
- **Gloves**
- **Hockey pants**
- **Shoulder pads**

Rental Equipment: \$10

Please sign up in advance if you plan on renting equipment. Check the slot below. You should also plan on arriving at around 6pm to get fitted and ready for class.

YES I WILL BE RENTING EQUIPMENT



Name: _____

Phone: _____

Email: _____