REGISTRATION FORM Name: Date of Birth: Gender: M \square F \square Parent/Guardian Name: Register Address: _______ by March 5th! City / Province / Postal Code: Home Phone: _____ Cell Phone: _____ **EQUIPMENT INFORMATION (TO ENSURE PROPER FIT AND AVAILABILITY)** Have skates YES \square NO \square (if No, please indicate shoe size below) Shoe Size: $4 \square 5 \square 6 \square 7 \square 8 \square 9 \square$ Other: Shirt Size: XS S M L XL YOUTH ADULT Head Circumference ___ " Kneecap to Ankle Length: ______" Chest Circumference: Stick / Shot: Right ☐ Left ☐ Right hand Please send completed registration form to: **Woodstock Minor Hockey Association Phone:** 519-539-3181 381 Finkle Street Fax: 519-539-6772 Woodstock, ON E-mail: wmha@bellnet.ca N4V 1A3





New to hockey?

Never Played?

Want to give the game a try?

Just Try Jt!

March 15, 2017

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Program Overview

The Goals of the Program

- To introduce children and their families to the game of hockey
- To learn the basic skills required to play the game of hockey
- To have fun while playing hockey and engaging in physical activity
- To develop an understanding of basic teamwork through participation in a variety of activities and adapted game situations
- To create and refine basic motor patterns
- To be introduced to the concepts of cooperation and fair play

Program Focus

- · Developing basic hockey skills;
- Skating / stopping / turning / puck handling

Equipment each player will receive

- 1 CSA helmet with cage
- 1 hockey stick
- 1 pair of skates (if needed)
- 1 hockey pants
- 1 pair of gloves
- Jock/Jill
- 1 set of shin pads
- 1 set of elbow pads
- 1 shoulder pads
- 1 ALLIANCE Hockey Team Jersey

Schedule

Registration, Coffee, Donuts	Required Attendance	8:00am - 9:20am
– Sign in	Parents and players	
 Equipment review and fitting 		
Off-Ice Session	Players	9:20am - 9:50am
– Welcome		
- Introduction to hockey basics		
– Warmup		
Dressing Room—Ready for On-Ice	Players	9:50am - 10:15am
On-Ice Session	Players	10:15am - 12:15pm
Developing basic hockey skills		(on-ice time may
Skating / stopping / turning		be cut to 1 1/2
– Puck handling		hours)
Lunch	Players	12:30pm - 1:00pm
Wrap Up	Parents and players	1:00pm - 1:15pm
 Parent information 		
 Thank you and good bye 		

REGISTRATION DEADLINE: March 5, 2017