

Never played hockey before, but want to give the game a try?

**Just Try It! March 14, 2023**

Name of Child: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Gender: M  F

Parent/Guardian Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, Postal Code: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Email: \_\_\_\_\_

**Equipment Information** (to ensure proper fit and availability)

Have skates? Yes  No  (If 'No', please indicate shoe size below)

Shoe Size: 4  5  6  7  8  9  Other: \_\_\_\_\_

Shirt Size: XS  S  M  L  XL  Youth  Adult

Paint Waist Size: \_\_\_\_\_

Height: \_\_\_\_\_ Weight: \_\_\_\_\_

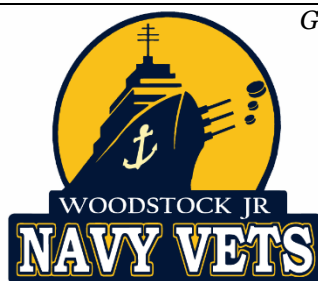
Head Circumference: \_\_\_\_\_

Kneecap to ankle length: \_\_\_\_\_

Chest Circumference: \_\_\_\_\_

Shoots: Right (Right hand at the top of the stick)  Left (Left hand at the top of the stick)

*Generous support from:*



# 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 elbow pads
- 1 shoulder pads
- 1 set of shin pads
- 1 Jersey

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*Players should bring running shoes, something comfortable to warm up in, and something to wear under equipment (Under Armour, t-shirt, stretchable pjs, yoga pants, or some other stretchable garment).*

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## Schedule: March 14, 2023

<b>Registration, Coffee, Doughnuts</b> <ul style="list-style-type: none"> <li>- Sign in</li> <li>- Equipment review and fitting</li> </ul>	<b>Required Attendance</b> Parents and players	<b>9:00 a.m. – 10:00 a.m.</b>
<b>Off-Ice Session</b> <ul style="list-style-type: none"> <li>- Welcome</li> <li>- Introduction to hockey basics</li> </ul>	Players	<b>10:00 a.m. – 10:30 a.m.</b>
<b>Dressing Room – Ready for On-Ice</b>	Players	<b>10:30 a.m. – 11:00 a.m.</b>
<b>On-Ice Session</b> <ul style="list-style-type: none"> <li>- Developing basic hockey skills</li> <li>- Skating/Stopping/Turning</li> </ul>	Players	<b>11:00 a.m. – 12:30 p.m.</b>
<b>Lunch</b>	Players	<b>12:45 p.m. – 1:15 p.m.</b>
<b>Wrap Up</b> <ul style="list-style-type: none"> <li>- Parent Information</li> <li>- Thank you and goodbye</li> </ul>	Parents and players	<b>1:15 p.m. – 1:30 p.m.</b>

Please fill out the form if interested in attending and send the form to:

Woodstock Minor Hockey Association  
 381 Finkle Street Woodstock, ON N4V 1A3

Alternatively, you can email it to:

[Wmha.gm@outlook.com](mailto:Wmha.gm@outlook.com)

Or fax:

519-539-6772

Any questions?

Email: [wmha.gm@outlook.com](mailto:wmha.gm@outlook.com)

Phone: 519-539-3181

Online form available:

[https://woodstockminorhockey.com/Forms/1504/Just Try It /](https://woodstockminorhockey.com/Forms/1504/Just_Try_It/)

