

## REGISTRATION FORM

Name: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Gender: M ☐ F ☐

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

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

City / Province / Postal Code: \_\_\_\_\_

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

E-mail: \_\_\_\_\_

### 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 ☐

Pant Waist Size: \_\_\_\_\_" Height: \_\_\_\_\_ Weight: \_\_\_\_\_

Head Circumference \_\_\_\_\_"

Kneecap to Ankle Length: \_\_\_\_\_"

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

Stick / Shot: Right ☐ Left ☐

Right hand  
bottom



Left hand  
bottom



Please send completed registration form to:

**Woodstock Minor Hockey Association**

381 Finkle Street  
Woodstock, ON  
N4V 1A3

Phone: 519-539-3181

Fax: 519-539-6772

E-mail: [wmha@bellnet.ca](mailto:wmha@bellnet.ca)

**Register  
by March  
4th!**



New to hockey?  
Never Played?  
Want to give the game a try?

**Just Try It!**

**March 13, 2019**

With generous support from



## Program Overview

## Schedule

### 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 Jersey

Players should bring runners, 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).

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

**REGISTRATION DEADLINE: March 4, 2019**