



## INTRO TO HOCKEY 2017-2018

**Saturdays | 11:50-12:50 | 8 Weeks**

**Open to the following birth years | 2011, 2010, 2009, 2008, 2007**

**Session 1 | Nov. 4, 11, 18, 25, Dec. 2, 9, 16, 23**

**Session 2 | Jan. 6, 13, 20, 27, Feb. 3, 10, 17, 24**

**Location | Churchill Rink at Jackson's Landing, Durham**

**\$150 per session**

**\*Program Pre-requisite** – Learn to Skate Program. This is NOT a learn to skate program – players that register for this program must have either participate in an official learn to skate program or be balanced, able to forward glide, turn and stop without aid.

### **Program Description |**

ORYA's Intro to Hockey program opens the door for competent skaters to try hockey in a low commitment, high value atmosphere. Our large supply of donated equipment will offer most players the opportunity to be outfitted for the program at no additional cost. Our 6-week, Saturday only program makes classes accessible and our coaching approach will focus on creating a passion for the game through fun, small sided, play-related games and exercises. Each player will have lots of time with the puck and will pick up many technical base-skills needed as they continue with the sport. Depending on number & ability of players, coaches may group players based on ability in order to offer a like-ability learning environment which greatly improves a coaches ability to teach to the average ability of each group.

### **Hockey Specific Equipment Check List |**

Helmet with face mask  
Mouth guard  
Skates (cannot wear figure skates)  
Elbow pads  
Shin-pads  
Pants  
Shoulder pads  
Jersey/Shirt  
Socks to go over shin-pads – garter to hold up socks  
Gloves  
Stick

### **Equipment Share |**

ORYA has donated equipment it will loan out for the duration of each session. While we cannot guarantee we will have everything each player needs we will do what we can to defray equipment costs while your player(s) gives hockey a try! We will organize an equipment night where players in the program can come and get fitted allowing time to purchase equipment we either don't have or don't have in your player's size.