

PLAY THE GAME WINTER 09-10 SESSION

BEGINNER HOCKEY PROGRAM

PROGRAM OVERVIEW

This program is designed for newer participants in the sport of ice hockey. The goal is to develop players to play in house league level hockey programs at the Ice Training Center. Players will be divided into groups based on their age and experience so that each individual player will receive the most benefit from the program.

Tier 1

This group focuses on the needs of players with very little or no ice hockey experience. Its main goal is to provide a solid foundation in the fundamentals of ice skating. Topics will include forward and backward stride, balance and agility, stopping, crossovers and turns. During later weeks, pucks will be introduced and basic stick handling and puck control techniques will be taught. The first step towards playing house league hockey.

Required equipment: Weeks 1-12 Hockey Skates, helmet w/cage, stick, & gloves

Tier 2

This group is designed for the player who has some experience in ice hockey and wishes to play at the house league level, or who just wishes to further improve his/her skills. Also a great program for players wishing to make the transition from roller hockey to ice hockey. Topics will include basic and intermediate skating skills, stick handling and puck control, introductions to passing and shooting.

Required equipment: Weeks 1-12 Hockey skates, helmet w/cage, stick & gloves
Full equipment is always recommended

“Play The Game”

12 Week Session

Starting Saturday December 5th, 2009

7 Years Old and Up

One 50 Min Class/Week

Time: Saturday 10:30 AM

\$175 For Returning Players

\$185 For New Players ITC Jersey Included

Equipment Not Included

For More Information Or To Register

Please Contact:

Kevin Smith

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(972)680-7825

CLASS SCHEDULE

12 Week Session Begins December 5th

Week 1	December 5th
Week 2	December 12th
Week 3	December 19th
Week 4	January 2nd
Week 5	January 16th
Week 6	January 23rd
Week 7	January 30th
Week 8	February 6th
Week 9	February 13th
Week 10	February 20th
Week 11	February 27th
Week 12	March 6th

Future Sessions: March 27th, 2010