

NEWBURYPORT YOUTH HOCKEY LEAGUE

Learn to Play Hockey Program

2013

The goal of the Program is to teach girls and boys of ALL AGES basic hockey skills while creating a fun environment for both the children and their parents.

Each 50 minute session will consist of:

- 10 minute skate around to stretch and warm-up
- 25 minutes of instruction at different skill stations to stress the following:
 - Balance and stance
 - Starting and stopping
 - Skating forward and backward with the puck
 - Passing and receiving the puck
 - Shooting the puck
 - Cross-over skating (strong-side and weak-side)
- 15 minutes of cross-ice scrimmage as follows:
 - Three simultaneous games of 4x4 hockey
 - Teams will be balanced and different each week
 - No scoring or statistics will be kept, only FUN! FUN! FUN!

Recommended equipment (at a minimum):

Hockey Helmet **WITH MASK (Required)**

Skates and Hockey Stick

Shin Pads, Elbow Pads and Gloves (Not necessarily hockey gloves at this point)

Amesbury Skate and Sport is offering discounted equipment starter packages and equipment discounts for new players. Please see Rob or Brian at the store.

The fee for five (5) LTP sessions is **\$60.00** per child if presently registered in NYHL Learn to Skate, and **\$80.00** if new to the program. The sessions are scheduled as follows at the Graf Rink:

March 16th (Saturday) – 12 pm to 12:50 pm

March 17th (Sunday) – 12 pm to 12:50 pm

March 23th (Saturday) – 12 pm to 12:50 pm

March 24th (Sunday) – 12 pm to 12:50 pm

March 30th (Saturday) – 12 pm to 12:50 pm

Registration will take place on Sunday mornings for the month February at the Graf Rink between 10:00 and 11:00 A.M. during the Learn to Skate Hour.

A Registration Form is attached hereto and is also available at www.NYHL.org.

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****Registration Form***

The player listed below and his/her family releases the NYHL from any and all claims, as agreed to on the date of _____ by signing below.

PLAYER NAME: _____

DATE OF BIRTH: _____

ADDRESS: _____

Email ADDRESS: _____

CITY: _____

STATE: _____

TELEPHONE: _____

The Newburyport Youth Hockey League disclaims any liability for personal injury or property damage arising from the registrant's participation in any and all activities, whether on or off the ice, of the NYHL. All participants assume all risks incident, inherent, or in any manner occurring, and without limiting the generality of the foregoing injury. The player listed above and his/her family releases the NYHL from any and all claims, as agreed to on the date of _____ by signing below.

PARENT/GUARDIAN (Please Print):

PARENT/GUARDIAN SIGNATURE:

PAID BY: _____ **CASH** _____ **CHECK** _____ **CREDIT CARD**

****Please return this form and payment to a NYHL Representative or mail to the NYHL
at
25 Story Avenue, PMB 157, Newburyport, MA 01950***