



Learn to Play Hockey

REVISED 8-17-11

****ALL NEW Hockey Development PROGRAM****

8 Week Session for \$120.00

**New Enrollees \$80.00
For 8 weeks**

(\$80.00 rate not valid with any offer or discount coupon)

ALL CLASSES INCLUDE

- 45 minute group instruction once a week
- 15 minute practice session and/or small area games
- 8 free public session passes.
- A complimentary Clearwater Ice Arena hockey jersey for all NEW enrollees

Class Schedule

Sat. Aug 13th @ 2:00pm to 3:00pm
 Sat. Aug 20th @ 2:00pm to 3:00pm
 Sat. Aug 27th @ 2:00pm to 3:00pm
 Sat. Sept 3rd @ 2:00pm to 3:00pm
 Sat. Sept 10th @ 2:00pm to 3:00pm
 Sat. Sept 17th @ 2:00pm to 3:00pm
 Sat. Sept 24th @ 3:30pm to 4:30pm
 Sat. Oct 1st @ 2:00pm to 3:00pm

****Times and dates subject to change**

Exciting New Badge Award Program!

Clearwater Ice Arena has implemented a new program for parents who want their child to succeed in learning the skills required to play the game of hockey. A badge testing program is offered to show your child's progress in the following criteria:



- **Hockey Skating 1: Mastering Balance**
- **Hockey Skating 2: Mastering Edge Control**
- **Hockey Skating 3: Mastering Agility**
- **Hockey Skating 4: Mastering Balance and Direction**
- **Hockey Skating 5: Mastering Backward skating skills**



- **Hockey Skills 1: Mastering Stick Handling**
- **Hockey Skills 2: Mastering Passing**
- **Hockey Skills 3: Mastering Shooting**
- **Hockey Skills 4: Maintaining Puck Possession**
- **Hockey Skills 5: Gaining Puck Possession**

Our coaches will let you know when your child is ready to test. After the player receives their patch we will add it to his or her free hockey jersey!

Passing all test levels are required for progressing into our recreational hockey program.

Badge costs will be \$5 for levels 1 & 2, and \$8 for levels 3 & above. Report cards will also be given out to show their progress.

For more information, please contact our hockey director, Darren Whiffen at (727) 536-5843 ext. 4 or e-mail dwhiffen@clearwatericearena.com

Ph: 727-536-5843

www.ClearwaterIceArena.com

13940 Icot Blvd. Clearwater, FL 33760

Welcome to Hockey!!!!

Hockey is a wonderful sport and can be enjoyed by all ages for many, many years. We would like to help you develop good habits right from the start so that you and your child can enjoy it as long as we have.

Children in the Learn to Play Hockey classes should come to class wearing a hockey helmet, hockey gloves and sweat pants. In most cases, skates should be a whole size smaller than their current shoe size. Please have your child wear only one pair of thin socks. Clearwater Ice Arena provides rental skates for you until you are ready for your own pair of skates.

Please let the coaches do their job while your child is in lesson. We have had lots of experience with uncertain first timers. Relax, watch and enjoy their excitement, successes and their challenges.

You will be given an activity card at the front desk on your first day of class. This card can be used to check in for class each week and your free public sessions. We encourage at least one extra day of practice other than the lesson day. On lesson day your child has one 45 minute lesson, and 15 minutes practice/play.

You will hear the term ISI around the rink quite a bit. ISI stands for Ice Skating Institute, www.skateisi.com It is the worldwide recreational skating association. The ISI cost is \$15 per year for membership (applications can be obtained from your coach). This allows your child to test for patches, a quarterly magazine for young skaters and supplemental insurance coverage at any ISI sanctioned skating event.

You will also be involved with USA Hockey as your child progresses into team play.

www.usahockey.com

Class Criteria for levels

Tips on tightening hockey laces

To enjoy your new sport you need properly fitted equipment, and for skaters, the most important piece of equipment is the boot. Properly fitted skates are important for comfort as well as balance and performance.

The heel of your foot should be locked back into the heel area as far as possible and when laced properly the toes should just brush the front of the skate. Tie the ankle area tightly and leave room for two fingers between your child's leg and the tongue at the top. If your child's foot leans to the inside, please check the laces and size immediately.

Tips on purchasing a hockey stick

When purchasing a hockey stick, please be sure the stick measures to the nose if your child is standing in shoes and to the chin if they are standing in skates.

Hockey Skating 1
Stationary Ready Position
Glide in Ready Position
Forward Swizzle
One Foot Glides
One Foot Inside Edge Glide Around Cone
Agility/ Balance:
Two Foot Stationary Jump
Two Foot Moving Jump
Forward Squats

Hockey Skating 2
Circle Side Pumps
Control Stop
Control Turn
Agility/ Balance
Two Foot Inside/ Outside Edges

Hockey Skating 3
Straight Line One Foot Pushes
Forward Stride- Rhythm Skating
Forward Crossovers-Around Circle
Backward Swizzle
Agility/ Balance
Forward Two Knee Touch
Forward Once Knee Touch

Hockey Skating 4
Backward Skating- C Cuts
Backward Glide- In Ready Position
Forward to Backward Turn/ Mohawk
Backward to Forward Turn/ Step Out
Agility/ Balance
Stomach Slide
Jump over Stick

Hockey Skating 5
Backward Crossovers- Around Circle
Backward Stop
360 Control Turn
Backward Crossovers- Straight Back
Agility/ Balance
Backward Two Foot Jump
Backward Two Knee Jump

Hockey Skills 1: Stick Handling
Stationary Stick Handling
Forward Skating with the Puck
Forward while stick handling
Backward Skating with the puck

Hockey Skills 2: Passing
Stationary Forehand
Stationary Backhand
Passing While Skating

Hockey Skills 3: Shooting
Wrist Shot
Slap Shot
Backhand Shot

Hockey Skills 4: Maintaining Puck Possession
Control Turn with Puck
Keeping Puck in Front
Keeping Puck along Boards

Hockey Skills 5: Gaining Puck Possession
Taking Control of Opposition along Boards
Taking Control of Opposition While Moving