

Glen Rock Ice Hockey ATOMS Clinic

“Want to give Ice Hockey a try but not sure where to start?”

The Atoms beginner program gives young players an opportunity to learn the sport of ice hockey in a supervised, developmental and nurturing atmosphere. It is intended for the young player (2006 birth year or younger) who wants to start to learn ice hockey. The structure of the program is full ice, and will be clinic-style, focusing on skill development including skating, passing, puck handling and shooting. Lighter pucks and smaller goals will be used. Your son or daughter will learn the basic skills and rules of ice hockey, learn cooperation and fair play, begin to understand the concept of playing on a team, and have fun. No score or standings will be kept, and only Glen Rock players will be on FULL ice with an Ice House professional and Glen Rock coaches. It is recommended that you give the ice skating a try before the 1st clinic and that your child can skate at the very beginner level or has been on ice skates. The Ice House has open skate sessions, so please take your child down there to skate beforehand if you can. Signing up for a learn to skate is even better. But not necessary.

Atom Details: Players born in 2006 and younger (or beginner up to age 8) – \$400.00

- **10 sessions AND FULL HOCKEY EQUIPMENT IS REQUIRED***
- **SIGN UP ON LINE AT**
WWW.GLENROCKHOCKEY.COM ASAP

***Ice Hockey helmet with cage, sharpened skates (you cannot rent them), hockey pants, gloves, shin guards, elbow pads, chest protector, stick. Mouth guard and cup are optional. If you sign up before November 1st, you will have your Glen Rock hockey jersey with your name on it and socks ready in time for the 1st clinic. The jersey is \$50.00 and the socks are \$10.00, but are not required - you can wear any jersey and socks. You will sign up on line at www.glenrockhockey.com for Atoms Clinic. Contact Sandra Jorgensen @ds.jorgy@verizon.net with any questions. Schedule: Sundays from 3:00 pm to 4:00 pm November 18, December 2, December 9, December 16, January 6, January 13, January 20, January 27, February 10 and one more date.**