



## **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 (2005 birth year or younger) who wants to start to learn ice hockey. The structure of the program 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 1<sup>st</sup> clinic and that your child can skate at the beginner level. 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.**

**Atom Details: Players born in 2005 and younger  
(or beginner up to age 8) – \$400.00**

- **12 sessions & FULL HOCKEY EQUIPMENT REQUIRED\***

\*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 1<sup>st</sup>, you will have your Glen Rock hockey jersey with your name on it and socks ready in time for the 1<sup>st</sup> clinic. The jersey is \$50.00 and the socks are \$10.00. You will sign up on line at [www.glenrockhockey.com](http://www.glenrockhockey.com) for Atoms Clinic. All House & Clinic Roller Hockey players registered for Fall 2011 Glen Rock roller hockey are invited to try out the 1<sup>st</sup> session of ice hockey on Sunday, November 13<sup>th</sup> and you will need to RSVP for the November 13<sup>th</sup> date if you are a registered roller player and want to try the clinic before committing. Any questions, please contact Sandy Jorgensen [ds.jorgy@verizon.net](mailto:ds.jorgy@verizon.net)

### **Schedule:**

**12 Sundays from 3:00 pm to 4:00 pm at the Ice House on rink 4.**

**Please arrive 30 minutes early to make sure you get on the ice on time.**

**November dates: 13<sup>th</sup>, 20<sup>th</sup>**

**December dates: 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>**

**January dates: 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup>**

**February dates: 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup>**

