

Bismarck Hockey

Summer 2010

Introduction to Hockey

5 Sessions

Tuesdays July 6th to August 10th
6:45 to 7:45 PM at VFW arena #2
(1200 N. Washington St)

This program is designed to be a basic introduction of the skills needed to learn to play ice hockey. The primary focus of the program will be learning to skate; including starting, turning, stopping, backward, forward, crossovers and skating strides. For players who already have skating experience, skills like shooting, stick handling, and passing will also be presented.

Equipment:

Some equipment will be available to check out free of charge with deposit refunded upon return of the equipment. This equipment is available on a first come first serve basis. Equipment will be handed out July 6th 6:45 at Schaumberg ice arena (221 W. Reno Ave) in Bismarck. Handout will end at 7:45. Your son or daughter should wear sweat pants over their shin pads, and a sweatshirt or light jacket to the rink. Although sizes vary Bismarck Hockey will do its best to see all players have equipment to wear.

Required equipment: skates, helmet, shin pads, stick, and elbow pads.

Bismarck Hockey available equipment pending size: helmet, shin pads, gloves, elbow pads, and sticks. Some skates will be available on a first come first serve basis; sizes will vary.

To register: see registration form at www.bismarckhockey.com