



## SIMONS VALLEY HOCKEY

### Introduction to Hockey Program

Simons Valley Hockey has partnered with Hockey Calgary and APNA Hockey to run our Introduction to Hockey Program. The 8-week hockey program will be open to players who are trying out hockey for the first time or have minimal skating and hockey experience. Each ice time balances skating skills with activity based games to help players build the skills needed to enjoy hockey as a lifelong sport!

#### The SVHA Introduction to Hockey Program is designed:

- For players born between 2018 (next season eligible players) - 2014 players (players eligible for U11 next year)
- To develop basic hockey skills that allow players to have fun and experience success in a full-time program
- To start to interact with other players and learn to skate within a hockey program and with hockey equipment

#### The SVHA Introduction to Hockey Program will feature:

- SVHA and other Certified Hockey Coaches
- Custom SVHA “Storm” Jerseys and Hockey Socks
- **Participants born in 2014 will be eligible to register for the Jr. Flames Program, ran by Hockey Calgary, after completing the SVHA Introduction to Hockey Program**

#### Program Details

- **\$175 + GST**  
**8 ice sessions**
- **Sunday Afternoons (4:30 PM OR 5:45 PM)**
  - Sunday, January 22, Vivo
  - Sunday, January 29, Vivo
  - Sunday, February 5, Vivo
  - Sunday, February 12, Vivo
  - Sunday, February 26, Vivo
  - Sunday, March 5, Vivo
  - Sunday, March 12, Vivo
  - Sunday, March 19, Vivo

**REGISTRATION IS NOW OPEN**

[CLICK HERE TO REGISTER](#)



## What to Expect at the First Session

At the first ice session, parents and players will check-in at the lobby of the Vivo arenas. From there, a volunteer will direct you towards a dressing room so that players can get dressed. Each player will be given a name tag with a color on it for their helmet. These colored stickers allow us to split players into 3 groupings on the ice, based on birth year. In doing so, we can introduce hockey to a range of future Storm players while they are still able to interact with similar aged peers.

While speed that players get dressed tends to vary, we would recommend being at least 30 minutes early for your first ice time. SVHA coaches and volunteers will be present in the dressing rooms to help with equipment fitting and questions.

When on the ice, we are aiming to have 2-4 coaches and junior coaches per station. This amazing commitment by our community to help us grow the sport is something that we are grateful for and proud of. With a ratio of 2-4 players per coach, we are excited to be able to help out players as they learn to skate in equipment and engage in hockey.

## What Equipment is Needed

Every time a player hits the ice for our Introduction to Hockey Program, they will need to have on full hockey equipment. This includes:

- An athletic Jock or Jill
- Hockey Shin Pads
- Hockey Pants
- Skates \*
- Hockey Shoulder Pads
- Hockey Elbow Pads
- Neck guard
- Certified Hockey Helmet with Facemask
- An Ice Hockey Stick \*\*
- Hockey Jersey and Socks (These will be distributed at the first ice session)

*\* Typically skates from the manufacturer come with only a slight edge that is difficult to skate on. If your player has new skates that were not sharpened at the time purchased, taking the skates in to Tuxedo Source for Sports, Pro Hockey Life, Sportchek, Canadian Tire, or a local business is a must before the first ice time. Typically, a skate sharpening only takes between 15-45 minutes and range from \$5-\$12.*

*\*\* A hockey stick should be cut to an appropriate length for each player. When a player is on their skates, a good rule of thumb is for the stick to be approximately chin to nose height when stood straight up. The blade and the butt end of the stick should also be taped using hockey stick tape. Often the way a player tapes their stick will include personal preference but the basics can be read about here: <https://www.purehockey.com/c/how-to-tape-a-stick>.*



Please note that mouth guards are at the parent’s discretion during SVHAs Intro to Hockey Program. Simons Valley Hockey Association recommends the use of mouthguards and some coaches make them mandatory, with our support, during the regular season.

Players typically have different preferences as to what to wear under their hockey equipment. For younger players, we recommend a thin long-sleeved shirt and similar long underwear. While this isn’t needed, when players are smaller, elbow and shin pads tend to move slightly or Velcro can rub on the skin. This results in players skin being irritated or a player becoming uncomfortable or distracted.

