

# Get ready for HOCKEY SEASON!

**SRIYHA HAS MANY PROGRAMS AVAILABLE FOR ALL SKATING ABILITIES:**

## **LEARN TO SKATE/PLAY (LTS):**

THIS IS A 10 LESSON PROGRAM OFFERED IN 2 SESSIONS. THE APPROXIMATE AGE RANGE IS 4 AND UP. THE PROGRAM IS DESIGNED TO TEACH EACH SKATER BASIC SKATING SKILLS INCLUDING BALANCE AND MOMENTUM. THEY WILL WORK TOWARD THE POINT WHERE THEY START TO LEARN THE FUNDAMENTALS OF HOCKEY. ONCE THE SKATER HAS ACHIEVED A LEVEL OF COMFORT ON THE ICE, THEY WILL TRANSITION TO THE INSTRUCTIONAL LEVEL.

**INSTRUCTIONAL 1:** SATURDAYS AND SUNDAYS ~ NOVEMBER TO MARCH. OFFERED AS SESSION FROM THE BEGINNING OF THE SEASON OR AS A CONTINUANCE OF LTS. IT PICKS UP WHERE LTS LEAVES OFF AND IS FOCUSED ON TEACHING FUNDAMENTAL HOCKEY SKILLS THROUGH VARIOUS DRILLS AND EXERCISES INCLUDING: BASIC PUCK HANDLING AND CONTROL, SKATING AND PUCK CARRYING TECHNIQUES, EDGE CONTROL, HOCKEY STARTS AND STOPS.

**INSTRUCTIONAL 2:** SATURDAYS AND SUNDAYS ~ NOVEMBER TO MARCH. IT IS OFFERED AS SESSION FROM THE BEGINNING OF THE SEASON OR AS A CONTINUANCE OF INST 1. THE PRIMARY FOCUS IS ON DEVELOPING SKILLS THAT ARE NECESSARY FOR PARTICIPATING IN THE HOUSE AND TRAVEL TEAMS. THIS INCLUDES PASSING AND SHOOTING TECHNIQUES ALONG WITH AN INTRODUCTION TO BASIC GAME SITUATIONS.

**HOUSE LEAGUE TEAMS:** NOV. TO MARCH. THERE ARE TWO DIVISIONS OF HOUSE LEAGUE TEAMS (MITE/SQUIRT: 5 – 8 Y.O. AND SQUIRT/PEEWEE: 9 – 12 Y.O.). THE PURPOSE OF THIS PROGRAM IS TO AID IN THE DEVELOPMENT OF ALL PARTICIPANTS IN THE SPORT OF HOCKEY. THE PRIMARY OBJECTIVE IS TO ENABLE PLAYERS TO DEVELOP THEIR PUCK HANDLING AND CONTROL, SKATING AND PUCK CARRYING SKILLS, EDGE CONTROL, HOCKEY STARTS AND STOPS, PASSING AND SHOOTING TECHNIQUES AND IMPROVE GAME PLAY. EACH PARTICIPANT WILL BE PLACED ON A TEAM AND WILL HAVE WEEKLY PRACTICES AND GAMES.

**WOULD YOU LIKE TO BE A FUTURE STAR OF YOUR HIGH SCHOOL HOCKEY TEAM??**

**NOW IS THE TIME TO GET STARTED!**

**PROGRAMS OFFERED BY THE SOUTHERN RI YOUTH HOCKEY ASSN. AT THE URI BOSS ARENA**

**REGISTRATION BEGINS IN OCTOBER. VISIT [WWW.SRIYHA.COM](http://WWW.SRIYHA.COM) FOR MORE DETAILS!**

**\*\*\*BRING THIS FLYER WITH YOU TO REGISTRATION AND RECEIVE A FREE PUCK (WHILE SUPPLIES LAST)\*\*\***