



Intro to Hockey Program

Lane Amateur Hockey Association (LAHA) will be hosting an 18-week Intro to Hockey beginning Friday, October 8th running through Friday, February 25th, 2011. This program focuses on skill development without the pressures of competition. The curriculum is designed to introduce beginners to the game's basic skills using small teacher to student ratios. Participants are introduced to the skills of skating, passing, puck control and shooting. Children learn through participating in practice drills and informal scrimmages under the direction of Lane Amateur Hockey Association's coaching staff. All coaches are USA Hockey registered/certified coaches.

Players will learn on 1/2 of a cross-ice sheet every Friday, between 5:15-5:45 pm. The remainder of the ice will be used for LAHA's Mini-Mite team, other youth hockey players from our area.

Intro To Hockey Session I will begin Friday October 8th and run through December 10th, taking one week off for Thanksgiving. Intro To Hockey Session II will begin Friday December 17th and run through February 25th, taking two weeks off for Winter Break. The cost for 18 sessions of Intro to Hockey for all ages will be \$50 per player. Any time during Intro To Hockey, if you, your player, and the coaching staff feel comfortable with your player joining the regular LAHA season you are free to do so.

Program Goals:

- A FUN, SAFE and POSITIVE experience for a child's first contact with hockey
- An introduction to the concepts of cooperation and fair play
- Development in a fun learning environment while instilling self-confidence

Program Focus:

- Develop basic hockey skills based on participant's skill level
- Skating, Passing, Puck Handling, Turning, Stopping and Shooting
- Build a foundation for future years

Eligible Participants:

- Boys and Girls – 4 to 15 years old
- Skating ability – Some or none

How to sign up -

The number of players is limited and will fill quickly. Reservations are made on a first come – first serve basis. To be placed in Intro to Hockey you must complete the registration form in full and submit with payment to LAHA. We do not recommend sending cash in the mail. Checks should be made payable to **LAHA**, P.O. Box 50211, Eugene, OR. 97405-0973 by **September**

29th, 2010 or attend Registration Nite, September 15th at Papa's Pizza on West 11th. If attending, please have your registration forms completed prior. These forms can be found at eugenehockey.com.

Preparing for your First Day

If you need to rent skates these are available at the Lane County Ice Arena's Pro Shop. **Please arrive early enough (30-45 minutes) to allow your new player enough time to get into his/her gear.**

Skates, helmets with cages, hockey gloves, shin guards, kneepads, elbow pads and hockey sticks are required for all lessons. LAHA provides all equipment if needed. LAHA has a limited number of hockey gear bags, which can be reserved. Please call ahead!

If you would like to rent out a full set of equipment (gear bag) for the 18-week Intro to Hockey session, please call ahead at (541) 359-1197 to get fitted and fill out the rental forms. This gear can be rented from LAHA free of cost, however; a credit card number will be needed in the event the gear should not be returned or returned in damaged condition, thus allowing LAHA to charge your card for \$100 for the replacement of gear sets.

We will provide you with a jersey when you check in.

Remember to bring water or sports drink.

Don't dress too warmly. Although it is an ice arena, you will be exercising and wearing equipment on the ice.

Call Stacey with any questions you have about the program at (541) 359-1197.