

PLAYING ON A TEAM

In addition to our 'learn-to-play' sessions, there is a winter competition for all junior players. Registration opens late February to early March. Speak to one of the coaches if your child is interested in joining.

GAME JERSEYS AND MERCHANDISE

Orders for Canterbury Ice Hockey Club gear, are placed around February every year.

CAN I GET MORE INFORMATION?

If you have further questions, feel free to come by for a training session and ask, or email:

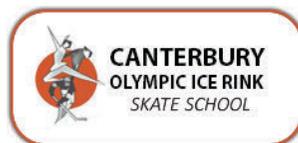
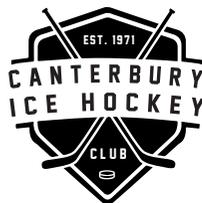
secretary@cihc.org.au



CANTERBURY ICE HOCKEY CLUB INC.
ABN 44 123 799 385

www.cihc.org.au

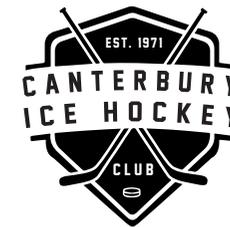
www.facebook.com/CIHC.org.au/



Want more skating Lessons?
Canterbury Olympic Ice Rink run a
Learn to skate school.

www.canterburyolympicicerink.org.au

(02) 9789 4044



LEARN TO PLAY ICE HOCKEY



AGES: 4-11
SUNDAYS
11:45am -12:45pm
GIRLS & BOYS

MY CHILD CANNOT SKATE

That is OK. Our coaches teach the basics required to start moving on the ice. There is also a Learn to Skate program run by Canterbury Olympic Ice Rink that can help build skills and confidence.

I DONT HAVE ANY OF THE EQUIPMENT

Canterbury Ice Hockey Club has everything you need to get started, available to borrow for free, on the day. Hockey skates, helmets, pads, sticks and jerseys. If it is your first time, arrive at least 30 minutes early. The first time putting on the gear can be a little daunting, but don't worry, our coaches will be available to help.

ICE HOCKEY SEEMS A BIT AGGRESSIVE

The junior program is non-contact. Our aim is to foster a love of the game, and have fun while learning.

HOW DO TRAINING SESSIONS WORK?

This is an introduction to ice hockey, our training sessions are built around FUN! We play a variety of games on the ice that teach the essential skills needed in ice hockey. New players are given the chance to adjust to wearing the gear and get more comfortable on the ice. When they are ready we start introducing drills to help develop skills further.

GETTING STARTED



Our coaches are certified by
Ice Hockey Australia

DOES FALLING DOWN HURT?

Not really. That is why we wear all the protective equipment. With our coaches help, you will learn to love falling down as much as we do!

WHAT TO WEAR?

The ice rink is cold, bring a jacket. The hockey gear itself can get quite warm, so you will only need a t-shirt (long sleeve if possible) and comfortable pants to wear underneath. Try to avoid jeans, as they can restrict movement.

WHAT TO BRING?

Ice Hockey can make you very thirsty. It is a good idea to bring a water bottle.

HOW MUCH DOES IT COST?

The cost is \$15 paid at the door. This covers the training session, and all the equipment required.

WHERE?

Canterbury Olympic Ice Rink
17A Phillipps Ave, Canterbury NSW 2193

WHEN?

Every Sunday, **11:45am-12:45pm**