



# Meramec Hockey Club's Spring Learn to Play Ice Hockey Program



Meramec Hockey Club uses USA Hockey's **Hockey Initiation Program (H.I.P.)** as our Learn to Play Hockey program for our youngest skaters. This program is designed to introduce boys and girls that are 4-9 years old to the sport of ice hockey. Our club provides a fun and age-appropriate program at a reasonable cost. Development focuses on learning to skate and basic hockey skills at an appropriate pace.

***There is no previous skating experience necessary!***

We use a station format and work on all skating and stick handling skills necessary to advance to game play. Our program develops the players' skills in preparation for recreational and league teams in the future. We occasionally use small cross-ice games during the session to keep the young skaters interested.



## Spring HIP Fee: \$75\*

Includes 8 one-hour sessions, jersey (*for new players only*) and a participation medal!

*\*Additional fee for USA Hockey Membership applies for all **NEW MEMBERS**. This fee is \$37 for players that are ages 7 – 9 and \$7 for players that are 4-6 years old (2003 birth year and younger).*

**Program Details:** The players will be taught basic hockey skills by several certified coaches during one of 2 session times. For the first couple of weeks, the coaches will evaluate each player's ability level. Then, your child will be placed in the appropriate session that corresponds to their ability level. We place the beginners in the 9:45a.m. session (this session is usually comprised of our younger players and first time HIP players) and the more experienced players in the 8:30a.m. session (this session is usually comprised of our older and 2<sup>nd</sup> session players).

On the last day of the program, we let the children experience playing in an actual hockey game against one another. It's quite a treat for the families to watch! Also, it is an opportunity for the players to show off the hockey skills that they have learned throughout the session. Following the game, we celebrate their progress with a recognition ceremony complete with individual medals and a snack!

**Location and Dates:** 8 one-hour sessions will be held on Saturday mornings beginning March 13<sup>th</sup>, 2010 at the Shark Tank Ice Rink at All-American Sports Complex located at 11133 Lindbergh Business Court near Hwy. 55 and Lindbergh Blvd. For the first week only, last names beginning with **A-L will attend the 8:30a.m. session.** For the first week only, last names beginning with **M-Z will attend the 9:30a.m. session.** After the first weeks' practice, the HIP Director will inform the families which session time their player should attend for the duration of the program.

**Equipment:** Meramec Hockey Club offers equipment rental at **NO ADDITIONAL COST while supplies last.** The rental equipment is available for a \$150 refundable rental deposit. The rental deposit will be refunded at the conclusion of the spring HIP session upon return of all of the rental equipment. Rental equipment includes a helmet, gloves, all pads (chest/shoulder, elbow and shin guards) as well as hockey pants. There are 2 spring equipment fitting dates for the rental equipment. The first will be held on **Wednesday, 3/10 from 6-8p.m.** by the equipment room at the rink. If you are unable to make the fitting on 3/10, the 2<sup>nd</sup> fitting will be held an hour prior to each HIP session on the start date; **Saturday, 3/13 7:30 – 9:30a.m.** by the equipment room at the rink.

Each player is also required to have hockey skates, a stick, neck guard, mouth guard, hockey socks and compression shorts (or a protective cup and hockey garter belt). Some of these items may be purchased from a sporting goods store that carries used hockey equipment such as Play it Again Sports. For new equipment, we recommend stores such as Total Hockey, Johnny Macs Sporting Goods or Sport's Authority. All **NEW** players (that did not participate in fall HIP 09/10) will receive **a sharks jersey to keep!** Please see the equipment rental & fitting flyer on the Learn to Play tab on the website for pictures and fitting information for all of the required hockey equipment.

**Registration:** Spring HIP is open to all players within the MO hockey district! Zip code restrictions **DO NOT** apply in the spring. To register your player for our spring Learn to Play program, please enter our online registration system to register and pay for your player's HIP fee. The online registration system is located on the homepage of the club's website in the upper left-hand corner. **Registration for spring HIP is available now through March 13<sup>th</sup>.** For more information about HIP, please visit the Learn to Play Tab in the menu bar on the left-hand side of the club's website. For questions about registration or the spring learn to play program, please email Cori at [registration@meramecsharks.com](mailto:registration@meramecsharks.com) or you may call her at 314-651-5397.

[www.meramecsharks.com](http://www.meramecsharks.com)