



## Glen Rock Ice Hockey **FREE** BEGINNER ATOMS Clinic

*“Want to give Ice Hockey a try but not sure where to start?”*

The Atoms beginner program gives young players an opportunity to learn the sport of ice hockey in a supervised, developmental and nurturing atmosphere. It is intended for the young player (2009/2008 birth year or younger) who wants to start to learn ice hockey. The structure of the program will be clinic-style, focusing on skill development including skating, passing, puck handling and shooting. Lighter pucks and smaller goals will be used. Your son or daughter will learn the basic skills and rules of ice hockey, learn cooperation and fair play, begin to understand the concept of playing on a team, and have fun. No score or standings will be kept, and only Glen Rock players will be on FULL ice.

**If it's possible, you can give the ice skating a try before the 1<sup>st</sup> clinic so that your child can go onto the ice easily. If not, that is ok, too. The Ice House in Hackensack, NJ, where the clinics are held, has Learn to Skate programs and open skate sessions. Parents will not be allowed on the ice. Children will not be allowed on the ice without full equipment.**

**Atom Details: Players born in 2009/2008 and younger  
(or beginner up to age 8)**

**9 sessions & FULL HOCKEY EQUIPMENT REQUIRED and  
registration online (with small registration fee).**

\*Ice Hockey helmet with cage, sharpened skates (you cannot rent them), hockey pants, gloves, shin guards, elbow pads, chest protector, stick. Mouth guard and cup are optional. Learn to skate starter packages are available at Pure Hockey <http://www.purehockey.com/learn-to-play-starter-package-free-bauer-skates>

You will have to provide your own hockey jersey. Sign up on line at [www.glenrockhockey.com](http://www.glenrockhockey.com) and if you have any questions, please contact Sandy Jorgensen [ds.jorgy@verizon.net](mailto:ds.jorgy@verizon.net)

**Schedule:**

**9 Sundays from 2:30 to 3:30 pm at the Ice House in Hackensack, NJ on rink 4.**

**Please arrive 45 minutes early to make sure you get on the ice on time. The locker room will be assigned on the board. Ready and dressed 15 minutes before ice time.**

**November dates: 15<sup>th</sup>, 22<sup>rd</sup>**

**December dates: 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>**

**January dates: 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>, 31<sup>st</sup>**

