**LEARN TO PLAY HOCKEY**

Learn to Play Hockey is an eight-week program designed to teach and strengthen basic hockey and skating skills. The program is open to skaters of all ages but is generally recommended for children ages 4 and older. Players with no skating experience are strongly encouraged to participate in the Community Class Skating program.

**Hockey 1** is for the beginning player with very basic skating skills. The focus of the course will be on proper skating, as well as an introduction to stick handling. All skaters who have never participated in an introduction-to-hockey session at UD should begin at Hockey 1 and, if necessary, can be moved up after the first week with the coach’s recommendation.

**Hockey 2** is for players who have completed Hockey 1 or possess a similar skill level. This session will focus on strengthening existing skating and puck control skills, as well as developing shooting skills needed to begin game play.

**Hockey 3** players have completed Hockey 2 or have considerable background in the game of hockey. Skills are further developed in preparation for introduction to game situations and in-house hockey. A Learn to Play Hockey student who has passed all three levels will be able to do the following:

- Forward Skating and Crossovers
- Backward Skating and Crossovers
- Hockey Stops
- Passing and Puck Receiving Skills
- Shooting Skills (Forehand & Backhand)
- Introductory Game Skills

Skates, helmets with cages, hockey gloves and hockey sticks are required for all Learn to Play Hockey classes. Shin guards, knee pads and elbow pads are highly recommended due to some of the drills performed.

The ice arena is able to provide skates, stick, gloves and helmets if necessary. Please call ahead with your skate sizes to ensure they are sharpened and ready on your first day.

For more information, call (302) 831-1350 or visit the Community Youth Hockey Programs link at [www.udel.edu/icearena](http://www.udel.edu/icearena).

**Program #430**

**Fees:** $125 per player, $115 per additional family member

**Dates:** Thursdays, 7:45 p.m.

**Gold Arena:** June 21, 28, July 5, 12, 19, 26; Aug. 2, 9

**CROSS ICE HOCKEY (AGES 7 & UNDER)**

The University of Delaware Summer program requires all skaters ages 7 and under, as well as most young first-time skaters to play in the cross-ice system due to its effectiveness in developing new players.

The cross ice system is played across the width of the ice in one-third of the length. Two games of three vs. three hockey can be played simultaneously at either end while center ice is used for on-ice coaching sessions. Officials are provided to enforce fair play and help teach kids the proper positions during face-offs. Teams consist of six to nine players under one or two volunteer coaches.

Games/Practices will be held from 6:30-8 p.m., Monday and Wednesday evenings in the Gold Ice Arena.

**Evaluations:** Cross Ice (Ages 7 & Under)—Friday, April 27, 6:50-7:50 p.m. (Rust Arena)

**Program #432**

**Cost:** $195, $175 per additional family member

**EQUIPMENT CHECK LIST**

Full equipment is required to participate. A helmet with cage, mouth guard, shoulder pads, elbow pads, protective cup, hockey pants, shin guards, hockey skates, a hockey stick and gloves make up a full suit of equipment.
SPRING SKILLS DEVELOPMENT CLINICS
ALL CLINICS ARE EIGHT WEEKS AND ARE HELD IN THE GOLD ICE ARENA

Sign up for two clinics for special price of $200 and save $60!
Sign up for three clinics for special price of $300 and save $90!

SKATING ENDURANCE CLINIC
Professional skating instructor Gary Irving utilizes both your own body weight as well as resistance equipment to strengthen fitness levels. Gary uses parachutes and other endurance tools to strengthen your skating skills and endurance time on the ice.

The first of its kind at the University of Delaware, our conditioning camp will push hockey players to maximize their physical potential. Combination on-ice and off-ice balance and resistance training will prepare even the most conditioned athletes for the next level of competition.

Program #344
Cost: $130  Dates: Mondays, 6:45-7:45 p.m.
Gold Arena: March 19, 26; April 2, 9, 16, 23, 30; May 7

PUCK CONTROL CLINIC

Instructors are members of the University of Delaware Men’s Hockey Team. This clinic will reinforce intermediate and advanced level hockey players’ basic abilities while incorporating new techniques. This program is suitable for players in the 8-16 age range with strong basic skills in skating and stick-handling.

Program #341
Cost: $130  Dates: Thursdays, 6:45-7:45 p.m.,
Gold Arena: March 15, 22, 29; April 5, 12, 19, 26, May 3

POWER SKATING CLINIC

This clinic, under the direction of veteran UD power skating instructor Patty Delisi, will address the importance of form in the development of a successful hockey player through a diverse set of drills and instruction. This program is suitable for players who are at, or above, the level of a Learn-to-Play Hockey 3 skill set.

Program #340
Cost: $130  Dates: Tuesdays, 6:45-7:45 p.m.
Gold Arena: March 20, 27, April 3, 10, 17, 24, May 1, 8

GOALIE CLINIC

The goaltenders clinic is an excellent resource for any player looking to develop and strengthen their abilities in the position. A low student-to-instructor ratio allows for more specific conditioning based on age, skill level and playing style. Whether you are beginning, experienced or completely new to the position, the Goalie Clinic will offer the chance to train with experienced coaches who are ready to share their unique experiences with the goaltenders of tomorrow.

Program #342
Cost: $150  Dates: Wednesdays , 6:45-7:45 p.m.
Gold Arena: March 14, 21, 28; April 4, 11, 18, 25; May 2

CONTACT CONFIDENCE CLINICS

Under the instruction of University of Delaware Men’s Ice Hockey Head Coach Mike DeAngelis, the Contact Confidence Clinic will teach local players the value of proper body contact and being comfortable in a full-contact environment. One of the most intimidating aspects of the sport of ice hockey is the transition to full contact. Like any other skill, it takes practice and instruction in order to be effective on the ice.

Program #343
Cost: $130  Dates: Wednesdays, 7:50-8:50 p.m.
Gold Arena: March 14, 21, 28; April 4, 11, 18, 25; May 2

NORTHERN DELAWARE SUMMER COMPETITION LEAGUE

(AGES 8 – 14)
The Summer League Hockey Program is a great way to maintain hockey skills in the off-season. All games for the Summer League are played weekdays, Monday-Thursday, in the Rust Ice Arena. The Summer League will consist of 12 games per team, with 4 free clinics held each month, May-August. Teams will have practices on Thursdays, 6:45-7:45 p.m., and Mondays, 6:45-7:45 p.m.

Schedules will be distributed at the first team practice, the week of May 7.

• The program will conclude the first week of August.

Dates:
March 14, 21, 28; April 4, 11, 18, 25; May 2

Cost:
$245 per player, $225 per additional family member

Evaluations: Rust Ice Arena

REGISTRATION FORM

Last name of skater  First name of skater
Parent/Guardian’s name
City  State  Zip
Home Phone  Work phone
E-mail
Birth date of skater  Age  Sex
Last Class/Program Taken When?

Jersey Size  Sock Size  Preferred # (list 3)

Program No.  Title & Time  Amount

Please select program box

Summer League  8-10  11-14

Method of Payment

Cash/Cheque (Payable to: University of Delaware)  Visa
MasterCard  Discover  UD I-FLEX  American Express

Card number  Exp. Date

Name on card  Signature

In consideration of the privilege of using the University of Delaware Ice Arenas and understanding there are inherent risks in connection with this activity, I (We) hereby assume these risks, waive any possible claim that may arise against the University, its trustees, employees, and agents for any damages or injuries sustained in the course of the activity and agree to indemnify and not to assert a claim against or sue the University, its trustees, employees, and agents for any such damages or injuries for any and all other claims which may arise in connection with my (our) use of the Ice Arenas.

Participating above as a full member of the Northern Delaware Summer Competition League, I (We) hereby agree to the rules and regulations of the Northern Delaware Summer Competition League as set forth in the Arena Guest Policy.

Participation in the Northern Delaware Summer Competition League requires a commitment to practice and playing time.

Participating in the Northern Delaware Summer Competition League requires an understanding that in order to sustain a full commitment, skaters must be able to attend practices and games in a timely manner.

Student Visa

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Dates:
March 14, 21, 28; April 4, 11, 18, 25; May 2

Cost:
$245 per player, $225 per additional family member

Evaluations: Rust Ice Arena

MAIL FORM TO
FRED RUST ICE ARENA/BUSINESS OFFICE,
547 SOUTH COLLEGE AVE.,
UNIVERSITY OF DELAWARE, NEWARK, DE 19716-1930

Last name of skater  First name of skater
Parent/Guardian’s name
City  State  Zip
Home Phone  Work phone
E-mail
Birth date of skater  Age  Sex
Last Class/Program Taken When?

Jersey Size  Sock Size  Preferred # (list 3)

Program No.  Title & Time  Amount

Please select program box

Summer League  8-10  11-14

Method of Payment

Cash/Cheque (Payable to: University of Delaware)  Visa
MasterCard  Discover  UD I-FLEX  American Express

Card number  Exp. Date

Name on card  Signature

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