



RAIDERS HOCKEY CLUB
Introduction to Hockey Program

Raiders Hockey Club has partnered with Hockey Calgary and Flames Foundation to run our Introduction to Hockey Program. The 8-week hockey program will be open to players who are trying out hockey for the first time or have minimal skating and hockey experience. Each ice time balances skating skills with activity-based games to help players build the skills needed to enjoy hockey as a lifelong sport!

****** There might even be a special appearance by a Flames Alumni player! ******

The CRHC Introduction to Hockey Program is designed:

- For players born between 2019 - 2015 players
- To develop basic hockey skills that allow players to have fun and experience success in a full-time program
- To start to interact with other players and learn to skate within a hockey program and with hockey equipment

The CRHC Introduction to Hockey Program will feature:

- CRHC and other Certified Hockey Coaches
- Custom CRHC Jerseys and Hockey Socks
- Participants born in 2015 will be eligible to register for the Jr. Flames Program, ran by Hockey Calgary, after completing the CRHC Introduction to Hockey Program

Program Details:

- Cost: \$175.00 (includes 8 ice sessions)
- Location: Vivo Arena (11950 Country Village Link NE)
- Dates/Times:
 - Group 1 - 4:30PM to 5:30PM
 - Group 2 - 5:45PM to 6:45PM
 - Group 3 - 7:00PM to 8:00PM (if needed)
 - Sunday January 21
 - Sunday, January 28
 - Sunday, February 4
 - Sunday, February 11
 - Sunday, February 25
 - Sunday, March 3
 - Sunday, March 10
 - Sunday, March 17

REGISTRATION IS NOW OPEN

<https://go.teamsnap.com/forms/408157>





What to Expect at the First Session:

At the first ice session, parents and players will check-in at the lobby of the Vivo arenas. From there, a volunteer will direct you towards a dressing room so that players can get dressed. Each player will be given a name tag with a color on it for their helmet. These colored stickers allow us to split players into 3 groupings on the ice, based on birth year. In doing so, we can introduce hockey to a range of future Raiders players while they are still able to interact with similar aged peers.

While speed that players get dressed tends to vary, we would recommend being at least 30 minutes early for your first ice time. CRHC coaches and volunteers will be present in the dressing rooms to help with equipment fitting and questions.

When on the ice, we are aiming to have 2-4 coaches and junior coaches per station. This amazing commitment by our community to help us grow the sport is something that we are grateful for and proud of. With a ratio of 2-4 players per coach, we are excited to be able to help out players as they learn to skate in equipment and engage in hockey.

What Equipment is Needed:

Every time a player hits the ice for our Introduction to Hockey Program, they will need to have on full hockey equipment. This includes:

- An athletic Jock or Jill
- Hockey Shin Pads
- Hockey Pants
- Skates *
- Hockey Shoulder Pads
- Hockey Elbow Pads
- Hockey Gloves
- Neck guard
- Certified Hockey Helmet with Facemask
- An Ice Hockey Stick **
- Hockey Jersey and Socks (these will be distributed at the first ice session)

** Typically skates from the manufacturer come with only a slight edge that is difficult to skate on. If your player has new skates that were not sharpened at the time purchased, taking the skates in to Tuxedo Source for Sports, Pro Hockey Life, Sportchek, Canadian Tire, or a local business is a must before the first ice time. Typically, a skate sharpening only takes between 15-45 minutes and range from \$5-\$12.*

*** A hockey stick should be cut to an appropriate length for each player. When a player is on their skates, a good rule of thumb is for the stick to be approximately chin to nose height when stood straight up. The blade and the butt end of the stick should also be taped using hockey stick tape. Often the way a player tapes their stick will include personal preference but the basics can be read about here:*

<https://www.purehockey.com/c/how-to-tape-a-stick>.





Please note that mouth guards are at the parent's discretion during CRHCs Intro to Hockey Program. Keep in mind that as they move into the Hockey Calgary programs, use of mouthguards is mandatory.

Players typically have different preferences as to what to wear under their hockey equipment. For younger players, we recommend a thin long-sleeved shirt and similar long underwear. While this isn't needed, when players are smaller, elbow and shin pads tend to move slightly or Velcro can rub on the skin. This results in players skin being irritated or a player becoming uncomfortable or distracted.

SPECIAL OFFER for our Introduction to Hockey registrants:

If you are looking to buy new equipment, CRHC has partnered with Tuxedo Source for Sports to offer a Youth and Junior Package for our Introduction to Hockey registrants. Please bring proof of registration.

Youth Package is \$295.00 and the Junior Package is \$395.00. Each packages includes:

- Jock or Jill
- Shin Pads
- Hockey Pants
- Skates
- Shoulder Pads
- Elbow Pads
- Hockey Gloves
- Neck guard
- Helmet with Facemask
- Hockey Stick

