



Gleichen and District Minor Hockey Association 2022 - 2023 Pond Hockey Program

Welcome to Pond Hockey

Welcome to the 2022- 2023 Gleichen and District Pond Hockey Program! We are sure the kids, coaches and parents will have a great year learning and having fun. Our Executive Board and Coaches are all volunteers, passionate about providing a happy, safe, learning environment. All our coaches have the appropriate RCMP clearance and have completed the Respect in Sport certification.

Program Philosophy

The primary purpose of the Gleichen Minor Hockey Association also known as Gleichen Pond Hockey (GPH) is to contribute to the development of our youth through the game of hockey. GPH is committed to providing our young people the opportunity to have fun on the ice while learning the basic skills of ice skating and how to play the game of hockey. Our program is available to all interested youth regardless of socio/economic background.

As a team sport, hockey affirms the importance of commitment, self-discipline, and sportsmanship among participants. It is the rare child who grows up to become an NHL All Star. Our commitment is to assure that all young people who participate will develop skills and values which will have lifelong benefit to themselves and to society.

Specific benefits participants of youth hockey receive include:

- ✓ Development of the skills necessary to play ice hockey
- ✓ Knowledge of the rules and strategies of the game
- ✓ Knowledge of conditioning techniques that affect short and long-term health and performance
- ✓ Enjoyment and recreation
- ✓ Commitment to teamwork
- ✓ Good sportsmanship

We place a high priority on effort, recreation and fair play. The focus of our program is on the physical and emotional self-confidence of the player, a cooperative team environment and the highest degree of sportsmanship.

We make a clear distinction between the process of trying to win (which is the goal of the game) and winning itself (the outcome of the game). Too many people confuse the two. It is the process that is important, not the outcome. Competitive hockey (and for that matter recreational hockey or any game) will cease to be fun for kids if the outcome of the game is what enthralls or seduces us.

Please help us ensure that we adhere to this philosophy throughout the year. Always remember:

(Team = Together Everyone Achieves More).

General

Our program this year will run tentatively from Oct 18th to March (end date determined by ice & interest), with ice times twice a week in the Gleichen Arena and Curling Club. Sessions run Tuesdays and Thursdays and your child is welcome to attend one or both days. If for any reason we need to cancel a session we will endeavor to inform you as soon as possible by email and/or a Facebook post. Ice times are as follows (age groups are fluid based on numbers and skill level):

Tuesday:	Thursday:
5-7 years: 5:45-6:45 (1hr) curling rink 7-12 years: 5:45-7:00 (1.25hr) large ice split Ice Flood 12-17 years: 7:15-8:45 (1.5hr) large ice	5-7 years: 5:45-6:45 (1hr) curling rink 7-12 years: 5:45-7:00 (1.25hr) large ice split Ice Flood 12-17 years: 7:15-8:45 (1.5hr) large ice

Program Fees

Pond Hockey Registration & Membership Fee \$110.00/child
Mandatory Arena Membership \$50.00 (Single) \$100.00 (Family)

The skate pass allows your child and/or family to take advantage of family/public skate sessions at the Gleichen arena and is valid for the entire season. Your name & membership type will be provided to the arena staff to ensure access to Public Skate.

Payment Methods: Cash/Cheque (bring to arena on 1st night) or Etransfer (gleichenph.treasurer@gmail.com).

Required Equipment

- ✓ Helmet – with full face mask
- ✓ BNQ approved cut resistant neck guard
- ✓ Shoulder pads/ chest protector
- ✓ Hockey pants
- ✓ Shin guards
- ✓ Elbow pads
- ✓ Jersey
- ✓ Jock or Jill
- ✓ Socks
- ✓ Skates

** Mouth guard – a proper fitting guard is strongly recommended but not enforced

FULL EQUIPMENT IS A MUST FOR YOUR CHILDS SAFETY AND MUST BE WORN AT ALL TIMES WHEN ON ICE OR IN THE PLAYERS BOX

Hockey Day in GA

Every February the GDMHA hosts a 1 day 4 on 4 shinny style hockey tournament. This event is open to individual players aged 4-17 years (male or female) from all across Alberta. This is a non-contact event that offers 3 games, lunch and an event “swag” bag. The games occur on both indoor and outdoor ice surfaces and promises to be a “ton” of FUN!

The date for this year’s event will be: February 11, 2023!!!

Contact Information

Website: www.gleichenpondhockey.ca

General Email: gleichenph@gmail.com

REGISTRATION EMAIL: gleichenph.reg@gmail.com

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