

FREE ICE HOCKEY SAFETY CLINIC

Sept 20, 2014 (12:00-2:30 pm)



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SPONSORED BY:

Rochester Hockey Foundation
Mayo Clinic Sports Medicine
Minnesota Hockey

Rochester Youth Hockey Association
Shoot-n-Save Sports

On-Ice Stations

1. Receiving a Check/Body Contact
2. Delivering a Check/Body Contact
3. On-Ice Safety Zones
4. Practice Heads Up, Don't Duck

Off-Ice Stations

(Players/Parents Rotate Through All Sessions)

1. Strength & Conditioning for Hockey
2. HUDD Video & Smart Hockey
3. Sports Psychology for Hockey
4. Team Building for Hockey Games
5. Nutrition & Hydration (Materials Available)

For More information please visit: RochesterHockeyFoundation.org

Please Bring Full Equipment to the Safety Clinic!

When:	Saturday, September 20, 2014 (12:00-2:30 pm) *Registration begins at 11:30 am
Where:	Graham Arena Rink #4 for on – ice sessions @1:30 pm Location of off-ice sessions will be posted on signs
Why:	Learn on & off-ice safety skills
Who:	Squirt/Girls U10, PeeWee/Girls U12, Bantam/Girls U14 & High School Players (Boys and Girls)