



Hockey Sisters!



Giving girls an edge in hockey for life



Are you a girl who is 6-14 years old and interested in sports, meeting new friends, and getting connected with a positive role model? *Twin Valley Youth Hockey*, in partnership with local high schools, is hosting 3 teams that offer hockey and mentoring. No hockey experience necessary. Reduced tuition rates thanks to generous funders. The program runs Nov– Feb. Accepting registration now.



What does *Hockey Sisters* entail:

- U10 development team, U12 & U14 travel teams
- Fun “off-ice” gatherings
- Free hockey equipment available
- Mentoring from high school & collegiate players
- Team building & leadership opportunities
- **Tons of fun!!!**



What are the benefits of *Hockey Sisters*?

- Self-confidence, safe risk taking, resiliency
- Camaraderie with girls from other towns
- Hockey sense and skating skills
- Athleticism (strength, coordination, agility, etc)
- Healthy habits: nutrition, exercise, stress reduction
- Positive role models
- Experienced and encouraging coaches



Who do I contact to get involved?

Kara Toms: ktmaplehill@gmail.com

Tom Barber: tjlgtkbarber@gmail.com

www.twINVALLEYFLYERS.COM

*U10 (\$225): House based development team. Commitment is 1-3x/ week. (\$295 after 6/30/17)

*U12&U14 (\$725): Competitive travel teams. Commitment is 3-5x/week. (\$795 after 6/30/17)