



HEY IRON MOUNTAIN!

Wanna play hockey?

Is a disability keeping you from trying?

Join us for a free **TRY SLED HOCKEY** event

Sled Hockey UP was formed to help everyone in the UP enjoy playing the sport of hockey, no matter what your abilities. We're based in Marquette, and want to expand our community to include the whole UP. We supply all the equipment that new players need to get started for free.

WHEN: Saturday, February 16. 1:30-3:30 PM CST

WHERE: Mountain View Ice Arena, Iron Mountain

WHAT TO BRING: Dress warm! We've got your equipment covered.

If you're interested, contact Allen Beauchamp, General Manager of Sled Hockey UP:

- Phone: (906) 360-3019
- E-mail: allenbeauchamp@charter.net
- Facebook: @SledHockeyUP

What's Sled Hockey?

Sled Hockey was born at a rehab center in Sweden in the early 1960s. A small group of Swedes wanted a way to keep playing their beloved game despite their physical disability.

Sled hockey follows most standard ice hockey rules, with the exception some of the equipment. Players sit in specially designed sleds that sit on top of two hockey skate blades. There are two sticks for each player instead of one and the sticks have metal picks on the end of the shaft to allow players to propel themselves.

Sled hockey provides an opportunity for people with many types of disabilities to participate in this exhilarating winter sport. Opportunities range from local recreational and competitive leagues all the way to the National Sled Team that represents Team USA in the Paralympics.

