



EXPLOITS VALLEY MINOR HOCKEY ASSOCIATION
Initiation Program

RINK* RATS



November, 2004

Volume 1 Issue 2

TIDBITS FOR TIMBITS

Tips for a good fitting helmet:

- Loosen the screws or unclip the clips so the helmet is as large as it can go.
- Put It on your child's head and slowly slide the helmet closed until it is snug.
- Tighten the screws or secure tile dips,
- Finally, do up the chin strap so it is snug against your child's neck.

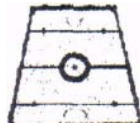
Now, check for the fit. The helmet should sit on a finger width above the eyebrow. A helmet that is too big or sits too far above the eyebrows won't protect your child's head in case of a fall.

Hockey stick length should be up to the chin with skates on or (if now with skates) have taped the top to ensure not only a better grip but some sticks without can easily fit through the face mask of another player.

Children sweat a lot when they play hockey, it is a good idea to have a water bottle or other drink at the games and all players must have a parent or guardian at the stadium during play in case of an emergency.

Remember to call the office schedule # each week to confirm times at **489-4088**.

HOCKEY TIPS:



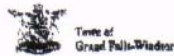
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2. Push down and out with left leg. Fully extend left leg, and glide on right foot. Bring left skate quickly up into a T-pose position behind right skate before the next push-off. Practice using both skates.

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Bleacher Cratur«s:
Parent Issues:
fair Play Code ... For Parent!



This fair play code symbolizes what parents should strive to exemplify as their child undertakes the game. Together, we can be responsible for positively affecting attitudes and actions in hockey.

Fair Play Code... For Parents

- I will not force my child to participate in hockey.
- I will remember that my child plays hockey for his/her enjoyment, not mine.
- I will encourage my child to play by the rules and to resolve conflicts without resorting to hostility or violence.
- I will teach my child that doing one's best is as important as winning, so that my child will never feel defeated by the outcome of a game/event.
- I will make my child feel like a winner every time by offering praise for competing fairly and trying hard.
- I will never ridicule or yell at my child for making a mistake or losing a competition.
- I will remember that children learn best by example. I will applaud good plays/ performance by both my child's team and their opponents.
- I will never question the official's judgment or honesty in public.
- I will support all efforts to remove verbal and physical abuse from children's hockey activities.
- I will respect and show appreciation for the volunteer coaches who give their time to provide hockey experience to my child.