

"It's not how big you are,
it's how big you play."
- Marty St. Louis



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Questions? Contact us at
CKHBeginners@gmail.com



Learn more about our
Beginner Program at
CKHockey.org/BeginnerHockey



Loyal to the Game!



BEGINNER HOCKEY

FOR AGES 4 - 9



OUR GOAL IS SIMPLE: Create a fun, encouraging environment where kids learn hockey and skating fundamentals at their own pace.

2025 - 2026 PROGRAM OVERVIEW:

- (8) 50-minute instructional sessions - per session
- Jersey, socks, neckguard and a stick INCLUDED
- Station drills separated by skill level and/or age
- USA Hockey ADM Model-oriented instruction
- Saturday Mornings at 9:00 AM - 10:00 AM



CKHockey.org

FALL SESSION STARTS OCT 11



Beginner Session Structure

Practice 1

- Meet the Coaches
- Warm-up laps for evaluations
- Station-based drills by skill/age

Practices 2-8

- Warm-ups
- Station based drills to keep kids engaged and having FUN!

Parent Reminders:

- Falling is normal - they are padded up and skating takes time!
- Be patient, supportive, and encouraging!
- Every child develops at their own pace - enjoy the journey!



Learn. Play. Have Fun!

Helpful Hints:



BEFORE FIRST PRACTICE

- Make sure you're registered on CKHockey.org
- **Get all gear:** Helmet, skates, chest protector, elbow guards, shin guards and hockey pants.
- Try on all gear at home and get comfortable in it.

FIRST PRACTICE

- **Arrive 45 Minutes EARLY**
- Check in and receive stick, neckguard, socks & jersey
- Get stick trimmed to size
- Coaches & volunteers are available to help with gear and skates

Practices 2-8

- **Arrive 30 Minutes EARLY**
- Use restroom before putting on gear
- Bring a water bottle
- Enjoy watching your player from the stands! Please don't gather around the doors, it distracts the player! Feel free to greet them at the rink door when practice is over and cheer them on!

IMPORTANT INFORMATION ABOUT SKATES:

- Skates are the **MOST** critical part of their equipment for success!
- **New skates must be sharpened before use.**
- Refresh old skates at the start of the season.
- Sharpen every 6-10 skates (ask a coach or GCCC staff if unsure).
- Only step on the ice or skate-safe padding to protect edges.
- Skate sharpening is available at the GCCC Skate Desk