COURSE OVERVIEW
This course will introduce students to the rules, skills and strategies of ice hockey. Instructor will work with students to improve their skating, stick handling and shooting skills. Significant time will be spent working on team play. Strategy and rules will be discussed to encourage good sportsmanship.

COURSE OBJECTIVES
1. To provide a fun, safe learning and skating experience for beginning and intermediate hockey players.
2. To teach correct technique of the fundamental basic elements.
3. To develop a finer degree of coordination and balance.
4. To promote physical fitness.
5. To enable all to achieve the skills necessary to play hockey as a lifetime sport.

GRADING
Your grade is pass/fail and will be based on attendance, participation and attitude. After three (3) unexcused absences, you will receive an F for the course. IT IS IMPORTANT THAT YOU SIGN THE SIGN-IN SHEET AT THE FRONT DESK EVERY DAY! There may also be several quizzes on the rules of hockey. You must obtain a score of 75% or better to pass them.

COURSE FEE DESCRIPTION
A course fee will be used to pay for instruction, rental skates, ice time, and administration.

REQUIRED EQUIPMENT
All players are required to have full equipment. (helmets w/full face shield, elbow pads, shin guards, gloves, reversible jersey and a stick). Equipment is available for rental from the Eccles Ice Center.
TEXTBOOK (Not Required is an option)  

Hockey is a physical game, but it is also a thinking person’s game. Reading anything you can about the game can help your ability to play. The book High Performance Skating for Hockey by Steve Cady and Vern Stenlund (1998, Human Kinetics, ISBN 0-88011-773-7) is a book that will help you improve your skating. It has many of the drills we will use in class. Unlike other books, it breaks them down for you so you can work on you skating alone or with others.

RULES  

Unfortunately, we need a few rules to keep things going smoothly.

1. **Have Fun!**

2. **Do not shoot pucks when the doors behind the nets are open.** There is unprotected, expensive equipment, glass and people behind those doors.

3. **Our session is over when the instructor blows the whistle, or when the Zamboni door goes up.** At that time please help collect the pucks in the bucket and skate the nets to the Zamboni door. If we take too much time getting off the ice, they will start the ice cut sooner, which reduces our ice time, and interferes with rule 1 above.

4. **Gather quickly around an instructor who blows a whistle.** The longer it takes to gather, the less time we will have for scrimmage.

5. **Do Not Enter Ice @ the Lobby Entrance.** Enter ice from hallway entrances by locker rooms.

INJURIES  

Although we play no-check hockey, this is a fast sport and contact is unavoidable. If you become injured during our class, **NOTIFY THE INSTRUCTOR IMMEDIATELY!** Even if you think it is minor, please let us know. Things to be especially aware of:

- Lightheadedness/dizziness
- Chest pain
- Unusual fatigue
- Severe shortage of breath
- Nausea

Any of these symptoms, especially after a blow to the head could be serious and require medical attention.

NOTICE  

If a student has a disability that will likely require some accommodation by the instructor the student must contact the instructor and document the disability through the Disability Resource Center. Any requests for special consideration relating to attendance, pedagogy, taking examinations, etc., must be discussed and approved by the instructor.