

# HOCKEY ESSENTIALS

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By *Jenn Fortin*

**HOCKEY ESSENTIALS** is designed to help hockey players with their development throughout their career. There are different curriculums within this program determined upon the needs and skill level of our players.

Our first session will focus on the basic skating techniques and if time allows introduction in the basics of; stick handling, passing, shooting/scoring and teamwork.

#### REQUIREMENTS:

- ◆ Players must be part of our LTP program.
- ◆ Adequate skating skills for their level.
- ◆ Wear full hockey equipment.

**FOR MORE INFORMATION,  
PLEASE CALL (217) 753-2800.**

## STEPS TO REGISTER

- 1) USA HOCKEY REGISTERED: Each player MUST become a member and register online at [www.usahockeyregistration.com](http://www.usahockeyregistration.com) \*Click on the Missouri site.
- 2) SPRINGFIELD PARK DISTRICT REGISTRATION FORM: You MUST complete this form and pay the entire amount. Forms can be found online at our site [www.springfieldparks.org](http://www.springfieldparks.org) or come into the Nelson Center.

**AGE:** 4 to 12 years old  
**COST:** \$48.00 (Resident) \$56.00 (Non-Resident)  
**DATE:** January 10 - 31, 2019  
**DAY:** Thursday(s)  
**LEVEL:** LTP 2  
**MIN./MAX. #:** 10/20  
**SITE:** Nelson Center  
Rink 2  
**TIME:** 5:15pm to 5:45pm

