

# EAGLE MOUNT'S SLED HOCKEY & SKATING PROGRAM

## ***PUT YOUR DISABILITY ON ICE***

*In both program participants gain increased ability to develop different muscles, improve their balance & coordination, work on team building, and improve social skills. Psychological benefits are increased self reliance, self esteem, and self confidence.*

### **Sled Hockey**

Sled Hockey is played by a wide range of players with a variety of mobility limitations: amputees, spinal cord injuries, and spina bifida, along with anyone who has a permanent disability that limits participation in stand up hockey.

Sled hockey is played like traditional hockey on a standard rink. Players sit in specially designed seats attached to a lightweight frame with hockey skate blades underneath. Each player carries two sticks, both have a metal pic on one end for propelling and a hockey blade on the other end for handling the puck.

### **Stand-Up Hockey/Skating**

The goal of stand-up hockey is to give people with physical and developmental disabilities the chance to play the sport of ice hockey in an environment which is adapted to the level of ability. Emphasizing fun and safety, the skating program helps to improve balance and coordination.

### **Advanced Registration is Required**



### **Practice Dates/Time**

**Thursdays 5:15-6:15**

#### **1st Session (8weeks)**

October 25<sup>th</sup>  
November 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 29<sup>th</sup>  
December 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>

#### **2nd Session (8weeks)**

February 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup>  
March 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup>

**Where:** Great Falls Community Ice Plex  
4001 29th Street SW

#### **What to Wear:**

**Sled Hockey**-Closed toed shoes and dress in layers.

**Skating**- long socks, gloves or mittens, comfortable pants (ex. snow pants)

**Eagle Mount Provides:** Sleds, skates, sticks, helmets, hockey gloves, and other safety equipment *(limited supply)*

**Cost:** \$10.00 each time or \$80.00 a session

Eagle Mount Sled Hockey  
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