



GROW THE GAME

The goal of [Girls 4 Hockey](#) is to foster continued growth of the women's game. Our all-female coaching staff, comprised of former collegiate players, provides a unique, exciting, and fun learning environment for players looking to bring their game to the next level.

About the Head Coach



Meghan Sweezey graduated from Saint Michael's College in 2010 after a successful career as a Purple Knight. A senior captain after serving twice as an assistant, she ended her career tied in first for career games, power-play goals, and short-handed goals. She was also third in points, fourth in goals, and tied in third for assists. Meghan has a wide variety of coaching experience from beginner and youth through high school and college and believes that the continuous development of core skills and hockey sense is paramount to on-ice success. Having grown up in an era when opportunities for female hockey players were more limited, Meghan hopes that Girls 4 Hockey will assist in advancing the women's game by creating a positive learning environment, where players gain confidence and love for the game through focused skill work, individualized attention, mentorship, and fun.



**PO BOX 594
WINOOSKI, VT 05404**

sweezeyhockey@gmail.com
617-875-5243



GIRLS 4 HOCKEY

SKILLS CLINICS

Summer Session
June – August, 2018

CAIRNS ARENA - Rink 2
South Burlington, VT

Through drills and skill-specific instruction, **Girls 4 Hockey** helps players improve the 4 core skills needed for on ice success:

Skating: Edgework, Agility, Speed

Shooting: Type, Accuracy, Power

Stick Work: Moves, Possession, Control

Passing: Technique, Strength, Precision

Small games will also be incorporated, allowing players to apply their skills in a competitive setting. These game-like situations help enhance overall hockey sense and teach players to make good on-ice decisions under pressure.

G4H BASIC SKILLS

Recommended for beginner - U10

Players will develop the core skills necessary for on-ice success through small group instruction.

Basic Skills Schedule

Date:	Time:
Thursday, June 21	5:50pm - 6:45pm
Tuesday, June 26	5:20pm - 6:15pm
Wednesday, July 11	5:05pm - 6:00pm
Thursday, July 19	5:20pm - 6:15pm
Thursday, July 26	5:20pm - 6:15pm
Wednesday, August 1	5:10pm - 6:05pm
Wednesday, August 8	5:10pm - 6:05pm
Wednesday, August 15	5:10pm - 6:05pm

G4H ADVANCED SKILLS

Recommended for U12 - U18

Players will expand their skill set and hockey sense through more challenging drills and competitive games.

G4H ADULT SKILLS CLINIC

Adult players **new and advanced** will enhance core skills through drills and small game play.

Advanced and Adult Skills Schedule

Date:	Time:
Thursday, June 21	6:55pm - 7:50pm
Tuesday, June 26	6:25pm - 7:20pm
Thursday, July 12	5:05pm - 6:00pm
Thursday, July 19	6:25pm - 7:20pm
Thursday, July 26	6:25pm - 7:20pm
Wednesday August 1	6:15pm - 7:10pm
Wednesday, August 8	6:15pm - 7:10pm
Wednesday, August 15	6:15pm - 7:10pm



Please note: All players must have at least one season of hockey experience. Players in all sessions will be organized into groups by age and skill level.

Goalies should contact G4H prior to registering.

G4H REGISTRATION FORM

Pre-registration deadline: **Friday, June 8, 2018**

Player Name: _____

Date of Birth: _____ Years playing hockey: _____

Most Recent Team(s): _____

Address: _____

Phone Number: _____

Email Address: _____

Emergency Contact Name: _____

Emergency Phone Number: _____

Which clinic will you be participating in?

_____ Basic Skills _____ Advanced Skills _____ Adult Skills

Please select the number of sessions you are registering for:

_____ 8 Sessions - \$185

_____ 4 Sessions - \$110

_____ Walk-On - \$30 per session*

Please make checks payable to:

Girls 4 Hockey, PO Box 594, Winooski, VT 05404

*Walk-ons should plan to arrive early in order to register. If under 18, participants will need a registration form signed by a parent or guardian

Waiver: SIGNATURE(S) REQUIRED

The risk of injury from the activities involved in playing Ice Hockey is significant, including the potential for permanent paralysis and death. While particular rules, equipment and personal discipline may reduce this risk; the risk of serious injury does exist, and, as a parent or for myself and on behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE, INDEMNIFY, AND HOLD HARMLESS Girls 4 Hockey and/or Cairns Arena their officers, officials, agents and/or employees, other participants, sponsoring agencies, sponsors and advertisers; from any claims arising out of my or my child's participation in these activities.

Player Name/Signature: _____ Date: _____

Parent/Guardian Signature (if under 18): _____