



# **FIRST STRIDES**

## **A FREE LEARN-TO-SKATE PROGRAM**

***Fall 2017 - Starts September 23rd***

Registration is open for First Strides, Connecticut's Premier FREE Learn-to-Skate program developed by the Greater New Haven Warriors.

The goal of First Strides is to provide aspiring hockey players starting at age 4, the opportunity to take their "first strides" towards playing ice hockey. Emphasis is placed on progressively teaching the fundamental skills needed to skate and play hockey through building trust and confidence, that's in a safe, fun and challenging way.

For several years, the Greater New Haven Warriors Learn to Skate has been directed by Mike Bouchard and his Coaching Staff. As players, Mike and his staff grew up locally playing youth hockey in the New Haven area, with added experiences playing in high school, prep school, college, and at the professional level.

In order to meet the needs of each child, Mike and his staff draw upon their personal playing experiences, their experiences coaching many different ages and levels, as well as the USA Hockey ADM Model, and the Love of the Game!

### **EQUIPMENT**

Players should wear a helmet with full face guard, hockey gloves, and hockey skates, and we also recommend that players wear shin guards and elbow pads. A limited amount of hockey skates and gloves are available for loan. Discounted new equipment packages are available from the Pro Shop at Northford Ice Pavilion and used equipment is also available at Hamden Sports Center at 2858 Whitney Ave in Hamden.

SCHEDULE	DAY	DATE	TIME
<b>WEEK 1</b>	Saturday	September 23	8:40 AM
	Sunday	September 24	7:30 AM
<b>WEEK 2</b>	Saturday	September 30	8:40 AM
	Sunday	October 1	7:30 AM
<b>WEEK 3</b>	Saturday	October 7	8:40 AM
	Sunday	October 8	7:30 AM

**Note:** All sessions will take place at the Northford Ice Pavilion and last 1 hour. For more information please contact Bryan Leitch, Director of Hockey Operations at 203-676-5229 or [bryan\\_leitch009@hotmail.com](mailto:bryan_leitch009@hotmail.com).

**REGISTRATION IS NOW OPEN!**  
**Visit [GNHWarriors.org](http://GNHWarriors.org)**

*click on the Register On-Line tab on the left*