



## Learn to Skate/Learn to Play Information

**Introduction** – Lincoln Youth Hockey Association's (LIHA) Learn to Skate/Learn to Play Program (LTS/LTP) is designed for beginners from age 4 and up. The program provides the opportunity for all boys and girls to learn the basics of ice skating and basic hockey skills, in a SAFE and FUN environment. When you sign up for the Learn to Skate/Learn to Play, you will be in a program that focuses on fun, participation and basic skill development. Skater's progress at their own rate and coaches provide active skating sessions using teaching aids and a wide variety of games and activities that create a fun environment and promote learning. Beginners can start out by pushing "walkers" across the ice in order to keep their balance. And before you know it, they are skating on their own!

**Coaches/Instructors** - It is a mandatory requirement for all coaches in the association to be certified through USA Hockey (Minimum Level 1). Parents interested in assisting in the Learn to Skate/Learn to Play program should contact the program coordinator for more information.

**Required Equipment** – LIHA can provide all of the equipment for kids 4-5 and 6-8 with the exception of an athletic supporter/jock with protective cup and ice skates. A practice jersey will be provided. Socks are \$8.00.

**Schedule/Cost** - All sessions are held at the Ice Box, 1800 State Fair Park Drive, Lincoln, NE. LIHA will hold three Learn to Skate/Learn to Play Sessions this coming season (see dates for each session below). The cost per session/per player is \$125.00. However, you only pay a one-time \$125 fee as a first time skater/player this season. If you choose to join a "house" program after your Learn to Skate, Learn to Play 1<sup>st</sup> or 2<sup>nd</sup> session, there are no additional LIHA registration fees!

**Available for first time skaters only! Limited spots are available, so sign-up as soon as possible!**

**Information** - For more information about this program, please contact our LTS/LTP coordinators, Jen Horvath: [jen@lincolnhockey.org](mailto:jen@lincolnhockey.org). You may also email us at [news@lincolnhockey.org](mailto:news@lincolnhockey.org) or go to the LIHA website: [www.lincolnhockey.org](http://www.lincolnhockey.org).

## 2011-2012 Learn to Skate/Learn to Play Details

Our Learn to Skate/Learn to Play Programs are changing significantly for this upcoming season. We are offering three sessions, at approximately six weeks per session (12 - one hour sessions of LTS/LTP per session). We accept any new skaters and players at any time during the session, even if the session has started and your skater/player may have missed a few classes.

Players who are enrolled in sessions 1 and/or 2 of Learn to Skate, Learn to Play have the ability to join an age and skill appropriate team.

Learn to Skate/Learn to Play programs will follow the schedule listed below:

### First Session (Any Age) – 4 Week Session

September 18th - 1st session begins

October 15th - 1st session ends

(Sunday's – 6:00pm, Wednesday's 5:20pm, & Saturday's 11:40am)

### Second Session (Any Age) – 6 Week Session

November 13th - 2nd session begins

December 21st - 2nd session ends

(Wednesday's 5:20pm & Saturday's 11:40am **TENTATIVE**)

### Third Session (Any Age) – 6 Week Session

January 8th - 3rd session begins

February 12th - 3rd session ends

(Wednesday's 5:20pm & Saturday's 11:40am) **TENTATIVE**)

To register, please download and complete a Learn-to-Skate/Learn-to-Play Registration Form, Waiver of Liability Form, Medical History, and Consent to Treat Form.

**All Players no matter their age need to register with USA Hockey and get a USA Hockey Number. Player 6 and younger are free. They do still need to register.**

The forms should be sent to:

Lincoln Youth Hockey Association (LIHA)

PO Box 22509

Lincoln, NE 68542

Or

Online registration starting on Monday, August 15<sup>th</sup>

Website: [www.lincolnhockey.org](http://www.lincolnhockey.org)