

Esso Fun Days

Find out what Female
hockey is all about!





What Is It?



- A fun introductory to female hockey for the first time player of any age, coach, official or administrator
- Designed to make females' first contact with hockey a safe and positive experience
- Attract first time players to register for female hockey programs, so that they will enjoy the game of hockey for a lifetime.
- Since 1998 Esso Fun Days have attracted on average 1000 participants per year



What is the program focus?



- Increase the number of females participating in sport
- Introduce basic hockey skills
 - Forward skating
 - Backward skating
 - Puck handling
 - Passing
 - Shooting
 - Goaltending

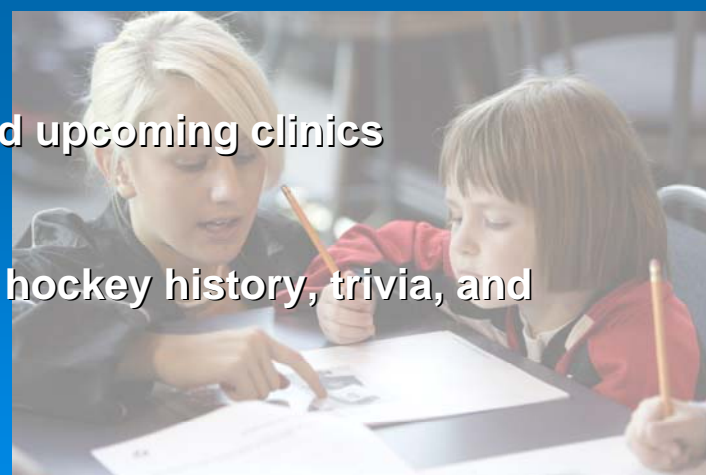
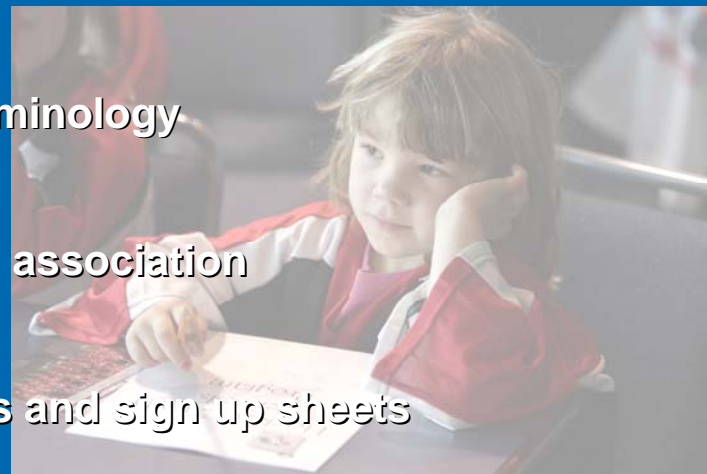




Additional Workshops, Seminars and Clinics



- Hockey 101
 - Basic introductory to rules, equipment & terminology
- Female or Minor Hockey Association
 - Q & A for parents with a member of the local association
- Recruiting Female Hockey Volunteers
 - Roles that are available with job descriptions and sign up sheets
- Officiating Opportunities
 - Information session on how to get involved
- Coaching Opportunities
 - Information session on levels of coaching and upcoming clinics
- Hockey Canada Schools Program
 - Fun introductory for participants with female hockey history, trivia, and other fun tasks.





Esso Fun Day Includes:



- 1-1.5 hour of on ice instruction
 - Basic skating (forwards and backwards)
 - Falling down and getting back up
 - Station work (edges, puck handling, shooting etc.)
 - Cross ice games (Soccer, Scrimmage)



- 1 hour off ice session
 - Team building games
 - Hockey 101
 - Hockey Canada School's Program
- 1 hour parents session
 - Local Association and volunteer recruiting



Benefits of the Program



- FUN
- NON THREATENING ENVIRONMENT
- FREE
- OPEN TO ALL AGES
- GREAT WAY FOR NEW COACHES AND VOLUNTEERS TO GET INVOLVED

