

# Why Play Hockey?



According to USAHockey.com, Hockey helps boys and girls make big strides on and off the ice. Here are just a few of the positive characteristics youth hockey helps bring out of kids:

**Pride – Focus – Exhilaration – Strength - Responsibility**  
**Thrills – Adventure – Confidence - Leadership**  
**Friends – Teamwork - Laughter**

## **More than a Game**

Hockey develops skills on the ice that build a foundation for a lifetime. In addition to athletic prowess, hockey promotes confidence, pride, focus and responsibility. With an emphasis on fun, hockey is a game to be played and enjoyed for life.

## **Life-long Friendships**

Starting with the bonds created in the locker room to the relationships formed on ice, hockey creates life-long friendships. This camaraderie shared on and off the ice encourages teamwork and the natural development of leadership skills.

## **Set Up for Success**

From learning to balance school, responsibilities at home, time at the rink and playing with friends, hockey encourages kids to learn time management skills that will later serve them in all facets of life. Hockey's unique source of physical fitness promotes healthy living.

## **Hockey is Fun**

The thrill of carrying the puck up the ice on a breakaway, the exhilaration of scoring your first goal or making that amazing save is possible due to the encouraging environment hockey provides to try new things and grow as a hockey player and person.

