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## ***GROW THE GAME***

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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  
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**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): \_\_\_\_\_