



Where Do I Start?

1) Try Hockey For Free Days

A program ran by WHA and sponsored by USA Hockey which allows children who have never played before, the chance to "Try Hockey for Free". This is open to boys and girls aged 4-9. Ice time, limited equipment and instructors are provided at no cost to give new players the opportunity to experience the great game of hockey. There is a pre-registration and all information is on the WHA Website and Facebook accounts.

2) Learn to Skate

A program ran by Kirk Nevin Arena which provides skating skills to new and intermediate skaters. Learning basic skating skills and fundamentals is always the first step to becoming a hockey player. Skate rental is available. Sessions are offered Thursdays starting at 5:30pm/6pm/6:30pm. Contact Kirk Nevin Arena or the City web site: www.greensburgpa.org for more info.

3) Little Penguins

A beginner program ran by WHA and sponsored by the Pittsburgh Penguins which gives participants a set of equipment and weekly lessons at a low cost. Open to boys and girls ages 4-8. Registration is done online and ice sessions run from October through November. This program is normally sold out within the first few hours. All information can be found at: http://penguins.nhl.com/club/m_page.htm?id=56385.

4) In-House

Beginner programs ran by Westmoreland Hockey Association, which teaches basic hockey skills to boys and girls age 4-10. A weekly practice is held every Tuesday from 6:15pm to 7:15pm October-February. Full equipment and basic skating skills are required. Registration begins in October and runs through December. Contact Sarah Peck. Registration information is also available on the WHA Website and Facebook accounts.

5) 8 U (Mites)

A light travel program ran by WHA following the American Developmental Model, under guidance from USA Hockey and PAHL. Co-ed teams are open to any boy or girl age 4-8. Teams have Jamborees (games) or practice 2-3 times per week from August through March. All practices and half of 10/15 Jamborees (games) are held at Kirk Nevin. Full equipment and basic skating skills are required. All registration information is available on the WHA Website and Facebook accounts.

6) Travel Teams 10U-18U (Squirt-Midget)

A full season program ran by WHA following the American Developmental Model, under guidance from USA Hockey and PAHL. Teams are open to boys and girls 9-18. Teams practice or have a game 2-3 times per week from August through March. All practices and half of 30+ games are held at Kirk Nevin Arena. Full equipment, fundamental hockey and skating skills are required. Tryouts are held in April and all registration information is available on the WHA Website and Facebook accounts.

All information and more can be found on our website:

www.westmorelandhockeyassociation.com

or on Facebook: @Westmoreland Hockey Association