

# Sled Hockey U.P.



Have you ever wanted to play ice hockey?

Thought that you just could not play, or a disability preventing you from trying?

Here's your chance to try the adaptive sport Sled Hockey!!!

The Upper Peninsula of Michigan has a newly formed sled hockey organization based out of Marquette. This is a partnership between USA Hockey, Michigan Amateur Hockey Association, and SAIL – Disability Network of the Upper Peninsula. Sled Hockey is open to all ages, disabilities, and individuals living in the Upper Peninsula. Ice time and equipment provided for new players to try the sport.

If you are interested in learning more or trying sled hockey:

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## *Learn more about sled hockey:*

Sled (sledge as it's referred to outside the United States) hockey was invented at a Stockholm, Sweden, rehabilitation center in the early 1960s by a group of Swedes who, despite their physical disability, wanted to continue playing hockey.

Sled hockey follows most of the typical ice hockey rules with the exception some of the equipment. Players sit in specially designed sleds that sit on top of two hockey skate blades. There are two sticks for each player instead of one and the sticks have metal pics on the butt end for players to propel themselves.



Sled hockey provides opportunity for many types of disabilities and there are opportunities available in local areas for recreation/competition all the way to the National Sled Team that plays in the Paralympics.

