

Connecticut Northern Lights Girls Hockey Mini Lights Program



Free Learn-to-Skate – Ice Hockey Program Just for Girls
For girls born between 2007 and 2013

The Connecticut Northern Lights Girls Hockey program is a girls-only hockey program serving Northern Connecticut. In the Mini Lights Program, our goal is to teach girls the fundamentals of ice hockey – skating, stick handling, passing and shooting – while emphasizing skill development, cooperation, fair play, fitness, safety, and most importantly, fun.

Age: For girls age 4 thru 10 (born during 2007 – 2013)
No experience required!

Session I: October 1st - December 17th
Saturdays 10:30 am – 11:30 am
Sundays 9:10 am – 10:10 am

Session II: January 6th - March 11th
Saturdays 10:30 am – 11:30 am
Sundays 9:10 am – 10:10 am

Where: International Skating Center of CT (ISCC) – Simsbury, CT.

Following completion of a FREE 3-week Foundation program, girls can enroll in the Mini Lights developmental program. Includes a Northern Lights hockey jersey.

Cost \$395 October to March

USA Hockey Registration fee of \$40 per person is required and covers player insurance while on the ice (exception, birth year 2009 and after). To register please go online to www.usahockeyregistration.com.

Equipment: JAM Pro Shop (located at ISCC) is offering a starter equipment package that includes skates, helmet and hockey gloves (youth sizes only) for \$125. Players should visit the Pro Shop two weeks prior to their first session to be sized.

Coaching Staff:

Dan Giordano – Experience coaching and developing players at all levels from Mites through Juniors over the last 18 years.

Paul Faulkner – Lead Instructor for Simsbury Hockey Stars developmental program since 1996, focusing on young skaters ages 4-12.

How do I register?

Online registration forms and instructions are available at www.nlgh.com under the Mini Lights section

For more information, please contact Melissa Ruggieri at melissa.ruggieri@hotmail.com



www.nlgh.com