Register online @ www.kingstonattack.ca

BALL HOCKEY

Limited Space! League Filled to Capacity Every Year!



Player Information

WHERE: Invista Centre and Cataraqui Arenas

SEASON: Weekday evenings from the last part of April to the end of June (visit **www.kingstonattack.ca** for more info)

DIVISIONS: Boys & girls ages 3-19 years. Introductory Program, Squirt, Tyke, Novice, Atom, Peewee, Bantam, Junior.

COST: Sign up early and **SAVE!** See **Registration** for details.

RULES: Non-contact, similar to ice hockey. OBHF certified refs

EQUIPMENT: CSA helmet with cage, hockey gloves, shin guards (soccer style) and running shoes are mandatory, some goalie equipment supplied

GET INVOLVED: Team Sponsors, Coaches and Volunteers needed for all levels

for 3-5 Year Olds

INTRO TO BALL HOCKEY(IP)

- IP is a development program for young players from 3 to 5 years of age - born in 2023, 2022, and some inexperienced 2021.
- The object of the program is to teach all participants ball hockey skills - while having FUN! Each 1 hour session playing across the floor will be approximately 1/2 skill development and 1/2 scrimmage.





"It was great! 1 week day evening, in and out in an hour, no weekends or rain delays and the season finished by the end of June which freed up the summer for other activities." ... **John R.**

"First year, we loved it. We had a great coach and everything was well organized. When the season finished, my boy was already talking about playing the next year." ... **Peter L.**

"Great off-season sport for hockey basics such as stick skills, passing, shooting, team play, cardio and most of all, it's fun!" ... **Nathan T.**

"The introduction program was an awesome experience for my 4 year old son. He had a great time and cannot wait for next year." ... **Scott F.**

"Our age group was full. I did not realize how many kids play ball hockey. Lucky we managed to get a spot or my son would have been very disappointed." ... **Tim L.**

"This is our 8th season, look forward to ball hockey every year. My kids are hooked on it and so am I." ... **Sean D.**

Registration

You can REGISTER ONLINE NOW!

Guarantee a spot!

EARLY-BIRD SIGN-UP

$189.00 December & January

Sign up early and **SAVE!**

Details on our website.

www.kingstonattack.ca

Proud Sponsors of:

MBHO

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ISBHF

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KINGSTON ATTACK BALL HOCKEY LEAGUE