

## HOW TO REGISTER

1. Complete the registration form & mail to SJHA. Or go to [www.sjha.com](http://www.sjha.com) for further registration information and forms.
2. Please include a copy of your birth certificate
3. Pick Up Your Equipment at OVA.
4. You will be mailed a confirmation and a check list to prepare for September
5. Go Skating!
6. Orientation: Saturday, September 26<sup>th</sup>  
11am Olympicview Arena, Mountlake Terrace

## CONVENIENCE! OUR ARENAS

Our arenas are conveniently located for families throughout the Puget Sound Region.

Both are located just minutes off of I-5 just north of the King and Snohomish County border.

- Olympicview Arena - Mountlake Terrace
- Lynnwood Ice Arena - Lynnwood

## RINK RATS PROGRAM OVERVIEW

### Practices: Saturdays

- October through mid March
- Where: Olympicview Arena
- Duration: 1 hour
- 10:50am - 11:50am or
- 12:00 - 1:00pm
- Weekly: up to 4x per month

### Games: Tuesdays

- January - February - March
- Where: Lynnwood Arena
- Duration: 1 hour
- 5:10 - 6:10pm
- 3x per month

Seattle Junior Hockey Association  
7012-220<sup>th</sup> St. S.W.  
Mountlake Terrace, WA 98043

IN THE HEART OF  
SNOHOMISH COUNTY

Beginner  
Youth Hockey  
Program



Don't Delay! Register  
Today for the 2009-10  
Season [www.sjha.com](http://www.sjha.com)

[admin@sjha.com](mailto:admin@sjha.com)

ph: 425-672-7744

Check it out! Come for a Free  
Hockey Skate @ Lynnwood Ice  
Arena, RSVP w/ SJHA  
On the following  
Saturday's @ 1:00 - 2:30pm  
April 25, June 27<sup>th</sup>, July 25<sup>th</sup> &  
2:15p on May 30<sup>th</sup>  
Free Use of Equipment



# ABOUT SJHA

**A Tradition of Excellence** - Seattle Junior Hockey Association has been in existence for over 35 years.

Our extensive experience has lead to a reputation of excellence for our Initiation / Beginner program under the direction of a team of Directors with numerous years of Pro, College & Junior .

SJHA has a comprehensive program for the young beginner discovering skating or for the player with even bigger dreams. All of this is directed by a team of hockey professionals with the support of superb volunteers and wonderful families.

As well, SJHA provides premier facilities, unparalleled funding and professionally directed programs to provide the foundation and finish.

## DIRECTORS & COACHES

Our coaching program has attracted a team of coaches with exceptional depth from the world of Junior, College and Pro hockey.

At SJHA we require all of our coaches to be USA Hockey Certified at a minimum of one level higher than the National Standard set by USA Hockey and participate in ongoing coaching education classes, directed by SJHA.

## SPRING & SUMMER LEARN TO PLAY OVERVIEW

- o **Session 1** April 13<sup>th</sup> Mondays 6:25 - 7:25p
- o **Session 2** June 1<sup>st</sup> Mondays 6:25 - 7:25p
- o Each Session - 5 Lessons
- o Full equipment Required
- o Equipment rental Available (\$25)

Location: Lynnwood Ice Arena  
196<sup>th</sup> St SW in Lynnwood, WA

**Maximum 35 Students**

## FEEES

The **Quality and Value** of SJHA is unsurpassed in the region.

Our Beginner Rink Rats hockey program fee is only **\$250 per season** (October - March)

- 20 Practices
- 7 Games

## EQUIPMENT

Once you have registered for Beginners you can **rent equipment immediately.**

We can outfit your young hockey player head to toe in top quality hockey equipment. Or if you require only an item or two you can rent the pieces you need.

Our equipment rental program allows for kids to "check out" the game before their parents invest in their own set of equipment.

Equipment room located is at Olympicview Arena ice level at the North end of the ice sheet.

**Equipment room schedule go to [www.sjha.com](http://www.sjha.com)**

Cost for full rental is only \$85 per -year.

## CURRICULUM FOR RINK RATS

- Skating (Balance, Agility, Edges, Stride, Starting and Stopping)
- Puck Skills: Passing, Puck-handling, Shooting
- Team play; Concepts and Execution
- Intangibles: Fun, Hard work, Team First

## A HEAD START

Throughout the spring and summer our Lynnwood Ice Arena offers **Learn to Skate** and SJHA offers **Learn to Play Hockey** programs to help each young player get more confidence on the ice.

As well there are **Public Skating** and **Stick & Puck** time scheduled each week.

Go to [www.lynnwoodicecenter.com](http://www.lynnwoodicecenter.com) for more details.

Or for **Private Skating Lessons** go to [www.sjha.com](http://www.sjha.com) for a list of our pros.

## REGISTRATION: Rink Rats

*4 TO 8 YEARS OF AGE*

Name \_\_\_\_\_

Parents Names: \_\_\_\_\_

Age: \_\_\_\_\_ DOB \_\_\_\_\_

Address \_\_\_\_\_

Phone 1 \_\_\_\_\_

Phone 2 \_\_\_\_\_

E-Mail \_\_\_\_\_

**Experience:** Please provide brief description and attach any documentation related to classes, clinics or schools you have attended

- Skating Lessons \_\_\_\_\_
- Hockey Clinics \_\_\_\_\_
- Public Skating \_\_\_\_\_
- No Experience \_\_\_\_\_

How did you first learn about SJHA?

- Newspaper
- Friend
- Promotion:
- Arena or Coach:
- Other:

**Fees & Materials Enclosed**

- Copy of Birth Certificate
- Deposit \$50 (total \$250)
- Equipment (optional) \$90

Total Enclosed \$ \_\_\_\_\_

**Once completed please mail to:**

**SJHA Rink Rats Beginner Program**

7012 -220<sup>th</sup> St. SW, Mountlake Terrace, WA 98043