

TOP 10 REASONS TO PLAY YOUTH HOCKEY

- 1. Hockey develops great athletes.** Physical development, coordination and agility - hockey builds athletic skills that are transferable and beneficial to a number of other sports.
- 2. Everybody plays.** Teams exist for all skill levels. During most games a player sees action for at least 1/3 of the game on a consistently rotating basis.
- 3. Hockey is a great value.** The hockey season is over five months long - an hour of ice time will average to be less than \$10 a player. At lower age levels equipment rental programs are readily available. And ice arena concession stands are a real bargain!
- 4. The future is bright.** Youth hockey players are 4 times more likely to go on to play in college than youth basketball players, and 2 times more likely than youth soccer and football players.* Plus, hockey players tend to stay close the game well into adulthood.
- 5. It's safe.** This is not the NHL - checking isn't allowed until the upper levels and fighting is not allowed at all. High tech protective gear is used; head, knee and other joint injuries are rare.
- 6. Hockey is easy to integrate into your schedule.** Hockey games and practices start and end on time, and the schedule is posted weeks in advance. Rarely does anything start before 8:00 a.m. or end after 9:00 p.m.
- 7. Fight the winter blues.** Time flies when you're having fun. Play hockey and summer will be here before you know it!
- 8. Fun for the whole family.** Hockey is a great spectator sport, and there are many opportunities to meet new people and make new friends. The whole family will enjoy a new activity together.
- 9. Size doesn't matter.** No, really, for hockey it's true. Skating ability, hustle and spirit matter most.
- 10. Hockey is the ultimate team sport.** Youth hockey players learn life-long lessons of teamwork, trust, responsibility, sportsmanship and more. Nothing beats the esteem developed by being part of a team.

** Source: National Collegiate Athletic Association report on "Competing Beyond High School"*

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