**WILMOT GIRLS HOCKEY ASSOCIATION**

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**Welcome to the WGHA FUNdamentals Program**

**Introduction –** The WGHA FUNdamentals program is a hockey learning program based on Hockey Canada’s Initiation Program. This is the one level of hockey (ages 4-6) that is almost exclusively focused on individual player skills as opposed to team play. The focus will be on FUN ways to learn how to skate in a hockey position with the appropriate equipment and a gradual introduction of puck handling related skills.

**Program Progression –** From the first session, experienced FUNdamental players will be working on their skills in game based drills and new players will begin to integrate into these activities as they are able to. The program plan is to organize the players into groups based on skill level. These groups will rotate through the same drill stations but with players generally at the same level of development. Sessions begin with a warm-up and total group skating drills, then smaller groups rotate through skill stations with games such as freeze tag mixed in. Tuesdays focus on skills. Gradually through the season, the later part of Saturday sessions will have the girls playing unstructured, mini-scrimmages.

**2017/18 Program Times – Tuesday 5:30pm, Saturday 12:30 (September – March)**

**Equipment –** Properly fitted skates, new or used, are the most important piece of equipment as your child learns to skate with equipment and a hockey stick. A helmet in good condition and mouth guard along with (new or used) elbow pads are important – falling and getting up off the ice are an important part of the early learning experience. The stick should not be taller than your child. Used equipment for other items – as long as in relatively good condition – is acceptable. Hockey jersey and socks are provided by **Tim Hortons** and are your child’s to keep at the end of the season.

**Sponsor – We gratefully acknowledge the support of Tim Horton’s TimBits program – feel free to thank our local stores in New Hamburg and Baden for their support when visiting their locations**

**Practice Scrimmages –** Wilmot has participated in scrimmages during practice times later in the season with other FUNdamental programs in the area. These scrimmages are for fun and other than 2 minute shifts on the clock; no “stats” such as scores are kept. Wilmot generally participates in 4-6 such scrimmages during the year with 2-3 of these sessions at the other programs home arena. This activity is not a central focus of our program but the girls generally enjoy these scrimmages. This activity is dependent on interest from other centres.

**Firebirds Game –** We have attended and scrimmaged during the intermission of a Firebirds game, in the past in Dec-Jan, sponsored by Charles Seebach, the WGHA accountant, who provides complimentary tickets for WGHA players to the game. If this occurs, the FUNdamental players will receive free admission, scrimmage during the 1st period and receive a tour of the Firebirds dressing room as well as a visit from some ‘birds.