



**GHC JR INFERNO 2021 WINTER SKILLS PROGRAM
U7 DEVELOPMENT**

February 28 – March 28, 2021

Cost: \$150 (6 Skill Sessions)

Location: Great Plains / ECTAS

- 64 spots available
- 8 skaters and 2 coaches per Group
- 2 Groups per ice time (Physical distancing must be adhered to at all times and there will be no mingling of Groups on the ice in accordance with AHS Guidelines.)
- 6 skill sessions per Group (60-75 minute sessions)
- Players will be sorted into Groups by skill level based on 2020-21 evaluation results.

Format:

Sessions will be physically-distanced (no game play) in accordance with government restrictions under Step 1. Maximum of 20 people on the ice at one time (including coaches). Coaching will be comprised of certified and insured GHC coaches.

Themes:

- Balance and Agility
- Edge Control
- Starting and Stopping
- Forward and Backward Skating & Striding
- Turning & Crossovers
- Puck Control, Passing & Shooting

Registration:

Registration Opens on **Tuesday, February 16 @ 10:00 AM**. For more information, please visit girlshockeycalgary.com/winter-skills

Health & Safety:

- All AHS rules will be followed. Any member who commits an infraction will immediately be removed from the program and subject to disciplinary action by the Association.
- NO spectators will be allowed in Great Plains.
- ECTAS will allow one parent per player to enter the building.
- For complete safety rules, please refer to GHC Jr. Inferno 2021 Health & Safety document available at girlshockeycalgary.com/winter-skills





Sample Schedules:

Age Division	Groups	Date	Start	End	Rink
U-7	Groups 1/2	Sunday, February 28, 2021	10:00 AM	11:00 AM	East Calgary - Blue
U-7	Groups 1/2	Saturday, March 6, 2021	8:15 AM	9:15 AM	Great Plains #2
U-7	Groups 1/2	Sunday, March 7, 2021	10:00 AM	11:00 AM	East Calgary - Blue
U-7	Groups 1/2	Sunday, March 14, 2021	10:00 AM	11:00 AM	East Calgary - Blue
U-7	Groups 1/2	Sunday, March 21, 2021	10:00 AM	11:00 AM	East Calgary - Blue
U-7	Groups 1/2	Sunday, March 28, 2021	10:00 AM	11:00 AM	East Calgary - Blue

Age Division	Groups	Date	Start	End	Rink
U-7	Groups 3/4	Sunday, February 28, 2021	11:15 AM	12:15 PM	East Calgary - Blue
U-7	Groups 3/4	Saturday, March 6, 2021	9:15 AM	10:15 AM	Great Plains #2
U-7	Groups 3/4	Sunday, March 7, 2021	11:15 AM	12:15 PM	East Calgary - Blue
U-7	Groups 3/4	Sunday, March 14, 2021	11:15 AM	12:15 PM	East Calgary - Blue
U-7	Groups 3/4	Sunday, March 21, 2021	11:15 AM	12:15 PM	East Calgary - Blue
U-7	Groups 3/4	Sunday, March 28, 2021	11:15 AM	12:15 PM	East Calgary - Blue

Age Division	Groups	Date	Start	End	Rink
U-7	Groups 5/6	Sunday, February 28, 2021	12:30 PM	1:30 PM	East Calgary - Blue
U-7	Groups 5/6	Saturday, March 6, 2021	10:30 AM	11:30 AM	Great Plains #2
U-7	Groups 5/6	Sunday, March 7, 2021	12:30 PM	1:30 PM	East Calgary - Blue
U-7	Groups 5/6	Sunday, March 14, 2021	12:30 PM	1:30 PM	East Calgary - Blue
U-7	Groups 5/6	Sunday, March 21, 2021	12:30 PM	1:30 PM	East Calgary - Blue
U-7	Groups 5/6	Sunday, March 28, 2021	12:30 PM	1:30 PM	East Calgary - Blue

Age Division	Groups	Date	Start	End	Rink
U-7	Groups 7/8	Sunday, February 28, 2021	1:45 PM	3:00 PM	East Calgary - Blue
U-7	Groups 7/8	Saturday, March 6, 2021	11:30 AM	12:30 PM	Great Plains #2
U-7	Groups 7/8	Sunday, March 7, 2021	1:45 PM	2:45 PM	East Calgary - Blue
U-7	Groups 7/8	Sunday, March 14, 2021	1:45 PM	3:00 PM	East Calgary - Blue
U-7	Groups 7/8	Sunday, March 21, 2021	1:45 PM	3:00 PM	East Calgary - Blue
U-7	Groups 7/8	Sunday, March 28, 2021	1:45 PM	2:45 PM	East Calgary - Blue

