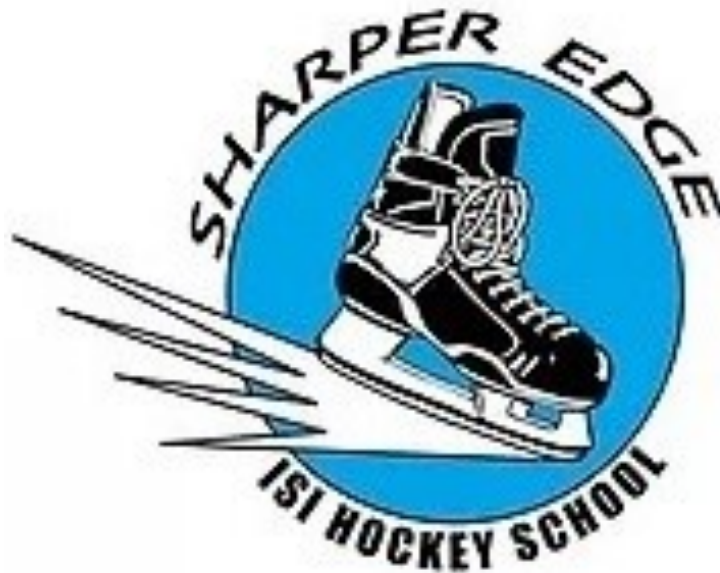


SHARPER EDGE SKATING SCHOOL

HOCKEY PROGRAM

FALL 2022 - SUMMER 2023



AT VALLEY SPORTS ARENA
RTE. 62, WEST CONCORD
(978) 369 - 0088

PLEASE VISIT OUR WEBSITE AT:
WWW.SHARPEREDGESKATING.COM
INFO@SHARPEREDGESKATING.COM

**DAWN DIMINICO
SKATING DIRECTOR/OWNER**

COACHES

**BRIDGETTE BERG, CHRISTINE BOGLE, OLIVIA BOGLE,
YULIA BORISSOVA, KRISTIN CURRAN, CALEB DUMART,
MARY JEAN LAVIOLETTE, JULIA MAGGIACOMO, MARISSA RICHARDSON,
SYDNEY RICHARDSON, KIM SCHAEFER, LILY SCHAEFER,
MICHAEL SCHAEFER, DONNY SWANSBURG, MEREDITH TAYLOR,
BILLY WHYNOT, ERIN WHYNOT**

JR. COACHES

**ELISE EDWARDSSEN
GABBY LAPAT
CARA RICHARDS**

**THANK YOU FOR
ASKING ABOUT OUR
HOCKEY PROGRAM.**



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HOCKEY PROGRAM!

Our Hockey Program is for those skaters that have mastered the skills of Learn to Skate.

The following is a list of the programs we provide:

1. **Level 2 classes:** This level is equal to a hockey initiation class. It is appropriate for skaters age 4-7 yrs who are learning the basics of hockey. This program is offered on Tuesdays and Saturdays. However, Saturday is a mixture of both Level 1 & 2. Full equipment is required.
2. **Level 1 classes:** This level is for skaters who are 7-14 yrs and are more advanced in their hockey skills. The Director will determine your child's readiness for this level. This program is offered on Tuesdays and Saturdays. However, Saturday is a mixture of both Level 1 & 2. Full equipment is required.
3. **School Vacation Hockey Sessions:** TBA
4. **Hockey Edge Class:** This class is an advanced skills class that works on edges, crossovers and upper level skating skills. The focus is on edge quality, control and proper technique. Admission to this class is at the discretion of the Director. Skater's must be at an advanced level to enter this class. Helmet, skates, hockey gloves & elbows are required.

Please read this booklet with your child. It will answer most of your questions. Thank you for choosing Sharper Edge. We look forward to a fun and successful year with you!

CONCORD CARLISLE, WATERTOWN & QUINCY YOUTH HOCKEY

Sharper Edge Skating School is proud to be a part of these town programs. Sharper Edge has been teaching their Learn to Skate program as well as the hockey edge skills from in-house mites to High school level skaters.

Thanks for skating with us!!!!

SMS HOCKEY INITIATION

Sharper Edge Skating School is proud to host the Sudbury, Maynard, Stow (SMS) Hockey Initiation/Mosquito Program as well as their Learn to Skate Program.

Men & Women Adult Hockey Session

We now offer Adult hockey for Men and Women. These classes will provide the beginning and advanced skill level of Hockey Edge and Stick & Puck. Like we say "Why let the kids have all the fun."

PHILOSOPHY

Our goal is to teach our Hockey Players the fundamentals of Hockey while providing a fun atmosphere. We believe that everyone should strive to do their personal best and have fun skating. Hockey is a demanding sport both mentally and physically. Learning how to play hockey can be very frustrating. We put most of the focus on the way a hockey player skates. One of our philosophies is to first master all techniques through controlled situations. We do this by repetition and practice. The next step is to put it all together with speed. Once mastered, speed drills make the progression easier. If the skater has not mastered his/her skating skills, there will be ZERO benefit by going at a high rate of speed. This is a great opportunity to talk with your child about commitment and not giving up. The sense of accomplishment a skater feels when he/she is able to play hockey will show that hard work does pay off!

HOCKEY POLICY

Enrollment: All classes are on a first come first serve basis. **Unless you receive a phone call/email, you will be enrolled in your first choice of class.** If you do not receive your first choice, you will be notified. A completed application, release form and payment must be provided before a skater is allowed on Sharper Edge ice.

Please Note: A \$10 late processing fee will be applied to all applications received after the due date. For hockey edge, a \$30 late processing fee will be applied to all applications received after the due date.

There is a one time nonrefundable Registration fee of \$30.00 per child not to exceed \$60.00 per family per skating year.
(Sept 22-Aug 23)

*Family Discounts

For the second Family member: 10% off regular program price.

For the third Family member: 20% off regular program price.

For the fourth Family member: 30% off regular program price.

***THIS DOES NOT APPLY TO THE HOCKEY EDGE CLASSES AND SCHOOL VACATION SESSIONS.**

Returned Checks: We will charge a \$25.00 fee for all returned checks.

***Make-Up Day: One** make-up class is allowed per session. This must be completed during the current session. **NO** make-ups are allowed during the first **TWO** weeks of the session. Please contact the office to arrange a make-up time. There are no walk on make-ups allowed.

***THIS DOES NOT APPLY TO THE HOCKEY EDGE CLASSES AND SCHOOL VACATION SESSIONS.**

***Bring a Friend - TBA :** At the close of each session, the skaters will be allowed to invite a friend to come skate with them during class. **Each guest skater MUST be in full hockey gear.** Parents of the skaters are allowed to be “friends.” Each friend must provide a signed release form. You will be notified when this will be offered.

***THIS DOES NOT APPLY TO THE HOCKEY EDGE CLASSES AND SCHOOL VACATION SESSIONS.**

Class Contents: Class structure consists of power and edge drills, stick and puck handling and organized scrimmages.

Cancellations: If Sharper Edge should cancel classes due to poor weather conditions, this information will be posted on our Facebook page as soon as the decision has been made. It can also be found on our outgoing voicemail message at (978) 369 - 0088. Classes are only cancelled if the rink closes. Each session might have some days where classes are not scheduled. You can find that information on the application under **“NO ICE”**. It would be a good idea to mark that information on your calendar. A google calendar can be found on our website with class dates and times listed.

SESS Shop: Ask us about our SESS apparel that is available for purchase. There are SESS baseball hats, Hockey shirts, towels etc. These items make great birthday and holiday gifts.

HOCKEY STICK;

Cut at the height of the upper lip when wearing one's hockey skates.

HELMET AND FACEMASK;

These should fit snugly. Make sure face mask is fastened securely.

SHOULDER PADS;

These go over shoulders, should be halfway down your stomach and reach your elbows.

HOCKEY GLOVES;

Should be big enough to grab stick, should meet elbow pads.

ELBOW PADS;

These should cover all of the elbow, fit snugly and should meet shoulder pads and gloves.

HOCKEY CUP;

For both girls and boys; There are shorts with cups in them and garter belts to hold up hockey socks.

HOCKEY SOCKS;

These should cover shin pads and be held up by garter belt. Tape the outside.

**HOCKEY PANTS;**

Should fit snugly and meet bottom of shoulder pads and just above shin pads or slightly over shin pads.

SHIN PADS;

Should fit from middle of the knee to behind the tongue of the skate. Tongue can also go behind pads.

HOCKEY SKATES;

These should be fitted properly by a hockey shop, should be able to fit only one adult finger between heel and skate.

SKATE CARE

FITTING AND TYING OF SKATES

- 1) *****REMEMBER, WE DO NOT RENT SKATES.** HEAVY SOCKS ARE NOT RECOMMENDED. THIN SOCKS OR COTTON SOCKS ARE BEST. THIS WILL ALLOW CIRCULATION OF AIR IN THE SKATE TO KEEP YOUR FEET WARM.
- 2) START WITH A SKATE THAT IS 1 - 1 1/2 SIZES SMALLER THAN YOUR DRESS SHOE.
- 3) TAKE THE LACE OUT OF THE FIRST EYE HOOK.
- 4) LOOSEN THE LACES HALF WAY DOWN SKATE.
- 5) MAKE SURE THE FOOT SLIPS IN EASILY.
- 6) BEFORE LACING, PULL THE SKATE TONGUE UP.
- 7) TIGHTEN LACES FROM THE BOTTOM UP, SNUG BUT NOT PINCHING. THE LACE OVER THE INSTEP SHOULD BE MOST SECURE TO FORCE THE HEEL BACK IN THE SKATE.
- 8) LACING ABOVE THE ANKLE SHOULD BE FIRM BUT ALLOW ENOUGH CIRCULATION. AFTER TYING, IF YOU HAVE EXTRA LACE MAKE A DOUBLE KNOT.
- 9) TO TEST FIT, STAND UP. TOES SHOULD **NOT** TOUCH THE END OF THE SKATE. BEND AT KNEES TO TEST ANKLE SUPPORT. IF THE SKATE IS TOO BIG, THE ANKLE WILL WOBBLE. IF THE SKATE IS TOO SMALL, TOES WILL BE CRAMPED AND THE FEET WILL GET COLD FROM LACK OF CIRCULATION.
- 10) SKATES SHOULD BE SHARPENED REGULARLY.
- 11) MAKE SURE YOU DRY YOUR BLADES WELL AFTER EACH LESSON SO THAT THEY DO NOT RUST.



Skate Shops

Brine's	978-443-4689
Legends Sporting Goods	978-264-0400
Maynard Outdoor Store	978-897-2133
Pure Hockey	978-838-9890
Zwickers	781-275-0900
Cooke's Skate Shop	978-657-7586
Sports ETC @ Arlington	781-646-1600
Ice House (New & Used)	781-237-6707

ICE RULES

- 1) NO PERSON IS ALLOWED TO WALK ON THE ICE WITHOUT SKATES.
- 2) IF YOU PLAN ON LEAVING THE RINK AT ANY TIME, YOU WILL NEED TO FILL OUT A "RELEASE TO TREAT FORM."
- 3) NO FOOD OR BEVERAGES ARE ALLOWED ON THE ICE , EXCEPT WATER IN PLASTIC BOTTLES.
- 4) KEEP LOCKER ROOMS CLEAN.
- 5) AFTER A FALL, THE SKATER SHOULD GET UP RIGHT AWAY UNLESS INJURED.
- 6) PARENTS ARE ASKED TO WATCH THEIR CHILDREN FROM THE STANDS OR THE WARM ROOM. REMAIN AWAY FROM THE DOOR TO THE ICE SURFACE.
- 7) **NO CHECKING** UNLESS OTHERWISE NOTED.



IF YOU HAVE ANY QUESTIONS COMMENTS OR CONCERNS, PLEASE CONTACT ME IN THE OFFICE. I AM SO EXCITED TO SEE SHARPER EDGE GROW AND FOR YOU TO BE A PART OF IT.

Thank you,

DAWN DIMINICO & THE SESS STAFF

*Welcome to our skating family!

World Champs 2014

World Champs 2018

District Champs 2016

Theatre On Ice National Competitors 2017



SHARPER EDGE SKATING SCHOOL

100 POWDERMILL RD - PMB 233 (MAILING ADDRESS ONLY)

ACTON, MA 01720

(978) 369 - 0088