



GUIDANCE AND INFORMATION

Ice Hockey is a great family sport for all, it is the world's fastest team sport and a physical and skilful game. Technically difficult and always creating different scenarios. Our club strives to be inclusive and to be home for all players.

At the Widnes Wild Academy, we try to keep it as fun as possible whilst progressing the players to their full potentials. This is done through different ways both on and off the ice, our priority is the players enjoyment and welfare along with not only developing them as players but also people.

In the following pages you will see a list and diagram of all the kit needed to participate in the sport. All these items are for the players safety and to play the game. On trainings and game days we suggest you always check the players kit bags before you leave the house to make sure everything is in there; we don't want you forgetting or losing anything.

Also, in the following pages you will see a list of coaching symbols which our coaches will use on the board when explaining drills or game play on trainings and games, please could you show these to your children so they can familiarise themselves with the symbols.

Junior ice hockey as well as nearly all the senior leagues in the UK play under a governing body called the EIHA (English Ice Hockey Association). These provide the clubs and teams with leagues to play in and manage these leagues, they enforce the rules of the game and protect all players safety and safeguarding. The EIHA is run by several directors and committees who allow the safe and smooth running of all leagues, clubs and teams playing under their banner. Also, the EIHA provide the insurance of all players which is received through their seasonally renewed registrations, this was players are insured to play the game for their club. The EIHA also work with IHUK (Ice Hockey United Kingdom) to provide the games which are played in the leagues with referee's which the

clubs pay for after each game usually through fundraising within the club which proves imperative for the running of junior clubs.

The clubs hire their training and games ice time from the ice rinks which costs per hour, there is a limited amount of ice time available unfortunately due to the specificness of the needs for Ice Hockey. The ice time is covered by the monthly subs, ice time is so important for the players this is where they will strive and progress to their best. The specific on ice training and coaching we provide will allow the players to be the best they can be and enjoy the game as much as possible. However due to the limited amount of Ice time there is we like to encourage out players to do some off ice work at home themselves too which can consist of anything from fitness, to stickhandling at home, practising their agility through certain exercises, or even shooting too.

We also encourage the players to build on their ice hockey knowledge and awareness and they can do this by just watching ice hockey too, it can be any level from NHL to an English league, either live or on TV. This will boost the players understanding of the game as well as their awareness too.

At Widnes we have a full pathway for ice hockey from the beginning to the top senior team at the club.

Hockey Excellence ➡ Widnes Wild Academy (U10s – U18s) ➡ Widnes Wild Women ➡ Widnes Rec Teams ➡ Widnes Wild Development (D2) and finally the Widnes Wild (who our Head Coach plays for).

There are a number of costs which are incurred when first starting up with a junior ice hockey club, the main ones are: the EIHA registration which is for insurance and league participation which is a yearly fee; The club Jerseys which are to be worn on game days for home and away, we generally update these every 3 years; if you haven't already all of the ice hockey kit in the below document is required to be insured and for player safety. There is also other items for purchase should you choose to which are Team socks, tracksuits and

merchandise. This information is just to make you aware of this and the reasons behind them.

All Equipment that is needed for Ice Hockey

ICE HOCKEY SKATES



BODY ARMOUR



HELMET WITH CAGE
OR FULL FACE SHIELD



ELBOW PADS



ICE HOCKEY STICK



NECK GUARD



SHIN PADS



GLOVES



SHORTS



BASE LAYERS (Sweats)



JOCK/JILL



HOCKEY SOCKS



HOCKEY JERSEY

