

## Salmon Arm Minor Hockey Association

### Try Program 2025-2026

To all interested players who have not played minor hockey

Before...ages 5-12 years old.

Salmon Arm Minor Hockey will be offering three one hour sessions for both Male and Female youngsters interested in trying hockey.

See the info below:

1. Location: Rogers Rink
2. Dates August 18, 20 and 22 Spectator
3. Free
4. All participants must supply own equipment. See list below.
5. Times:  
Females 4:15-5:15 pm  
Males 5:15-6:15 pm
6. To register, contact [saminorhockey@shaw.ca](mailto:saminorhockey@shaw.ca) and give the following information:
  - full name of child, age, gender
  - residential address, email address, phone number
  - ethnicity, language spoken at home. (Hockey Canada requirement)
  - emergency contact number
7. SAMHA can provide used jerseys if needed
8. SAMHA certified instructors will be present on ice.
9. Parents can assist in change room. Best to have participants fully dressed before they come to the rink. Skates should be sharpened.
10. There will be a registration table on first day.
11. More information will be provided to parents on minor hockey season...  
Cost, practices, travel, tournaments, volunteering, etc.
12. Contact minor hockey office for more information if required.

List of equipment needed:

For more information on how to put on hockey equipment, google

How to put on hockey equipment. Variety of sources.

1. Certified helmet and cage
2. Throat protector
3. Shoulder pads, elbow pads
4. Hockey pants
5. Jock or Jill strap
6. Hockey socks (we can assist if needed)
7. Skates
8. Shin pads
9. Hockey gloves/hockey stick tape