

## Spring 2017

### 3v3 Hockey

The game of hockey is a fast paced game that is constantly changing. The RINK is scientifically proven to improve skill and develop reaction time\*\*. Imagine being able to react faster than anyone else on the ice and make the play no one else saw.

At The RINK you are always involved in the play and shifts are short to keep the pace of the game up. This game will allow for you to:

- Develop faster reaction time
- Work to improve your skills
- Learn to play in confined spaces
- Play around the net both offensively and defensively
- Develop more confidence with the puck
- Get a cardiovascular work-out

Players will be signed up as individuals and 2 teams will be made each week. Teams will be rotated weekly, with pinnies to differentiate teams so players play with all players in the 3 vs 3 program.

Players will receive a RINK Jersey which they keep after the program. We will require players to bring this jersey each week to help split up teams.

**Date:**

Saturdays: April 01 – June 24 (13 Weeks)

Sundays: April 02 – June 25 (13 Weeks)

**Time Slots:**

**Saturday:**

4:00 p.m. – '08-'09 YOB

5:00 p.m. – '08-'09 YOB

6:00 p.m. – '06-'07 YOB

7:00 p.m. – '05-'03 YOB

**Sunday:**

2:00 p.m. – '10-'11 YOB

3:00 p.m. – '10-'11 YOB

4:00 p.m. – '08-'09 YOB

5:00 p.m. – '08-'09 YOB

6:00 p.m. – '06-'07 YOB

7:00 p.m. – '05-'03 YOB

**Cost:**

\$187.50 plus tax (13 week program) There are 16 skaters and two goalies for each time slot. Teams of eight will allow for the pace to remain high for the duration of the game.

\*\*Hick-Hymen Law:  $H=n/E/i-\pi \log_2(1/\pi+1)$