## Initiation

(from EVMHA Policy Handbook Policy 5.1)

- Age: 3-8 years old learning to play hockey

- Practice Ice: One forty-five minute practice a week.
- Travel and Tournaments: This division does not participate in tournaments.

– Exhibition Games: Generally, this division does not participate in games. However, during EVMHA special events (ex., Hugh Twa Days), Elkford and Sparwood Initiation teams may partake in a scrimmage against each other.

## What You Need

Full hockey gear is required with the exception of a mouth guard.

- -Helmet
- -Neck Guard
- -Shoulder Pads
- -Elbow Pads
- -Hockey Gloves
- -Athletic Cup
- -Hockey Pants
- -Shin Pads
- -Skates
- -Stick
- -Hockey Jersey
- -Hockey Bag

-Water bottle -with extended spout is very helpful so they can hydrate through their helmet as they cannot be removed while on the ice.



READ THE DESCRIPTION FOR MORE DETAILS ABOUT EACH PIECE OF EQUIPMENT

