

Have you ever wondered what it would be like to be an Athlete? To hear the roar of the crowd from the floor of the arena and not from the seats? To dress with a team? To listen to the coach as he gives last minute instructions for the next big game? To be a part of something very few people will ever have the experience of being a part of?

If you have ever wanted to experience what this would be like, but thought this could never happen to me? Well then, do we have an opportunity for you!



Currently, this sport is being expanded in the Connecticut area and the teams are actively seeking players.

If you would like more information about Connecticut Sled Hockey , please contact:

Ken Messier
Tel: 860-543-5381
Email: kmes48@aol.com

Pat Carney
Tel : 860-844-8646
Email: tmspat@cox.net



Major Sponsors of CT Sled Hockey Include



Founding sponsor



Loomis Chaffee



CT Sled Hockey
45 Barber Pond Road
Bloomfield, CT 06002
Tel: 860-543-5381
www.ctsledhockey.org



We would like to introduce you to an exciting and expanding sport for the physically challenged.

Most people are aware of wheelchair sports such as Track & Field and Basketball. What most people don't know is that the physically challenged can also play ice hockey.

The formal name for it is Sled Hockey (Sledge Hockey in Canada and Europe). Sled Hockey was first developed in Norway in 1971 in order to meet the special recreational, emotional and physical needs of disabled children and adults.

Sled Hockey is similar to ice hockey. It uses many of the same rules, with the biggest difference being in the equipment used. Players are strapped into small sleds, which have a backrest and 2 skate blades on the bottom. Instead of one long stick, these players use two short sticks with metal picks on one end and a blade on the other. They use the pick end to propel themselves across the ice, and then when it's time to handle the puck, they just turn their wrists and handle it side to side with the blade ends.

The sleds are high enough off the ice surface that they can pass the puck underneath from side to side. The rest of the equipment is basically the same as standard hockey. . . helmet with face shield, gloves as well as shoulder, leg and elbow pads.

During the game, six players are on the ice including the goaltender and they use the full size ice rink.



Sled Hockey is one of many activities, which can provide players the opportunity to improve endurance, coordination, strength, social skills and more.

Whether at a competitive or non-competitive level of play, sled hockey can aid in improving players attention span, self-confidence and decision making skills. It also teaches them to work with others in a team environment, which is a skill that will aid them throughout life in school and at work! The players gain a sense of belonging and form lasting friendships.

WHAT IS SLED HOCKEY?

Sled hockey is an exciting alternative sport that uses the rules of hockey. However, instead of skating, the players sit on a specially designed sled and use two short ice picks to propel themselves across the ice. Standard hockey rules apply. Legal body contact and raised puck shooting are as much a part of sled hockey as they are in traditional hockey.



WHO CAN PLAY?

The wonderful thing about sled hockey is that anyone can play. This sport is played by both males and females. It's a sport that totally integrates players with mobility limitations, amputees, and able-bodied people with knee, leg or hip injuries that limit their participation in standard hockey.

DIVISIONS OF PLAY

Juniors – 20 years of age and under

Adult - 21 years of age and over

PHYSICAL FITNESS

Sled hockey participants discover that piloting a sled is fun and a great form of exercise. It increases strength and coordination and also conditions the lower body. The balance used to propel, play the puck, turn and stop gives legs, back, and abdominal muscles a real work out. In fact, paraplegics playing regularly notice an increase in balance when using their wheelchairs

EQUIPMENT

Equipment for the sport consists of a tubular framed sledge, about 1.5 meters (4-5 feet) long and approximately 7 cm (3 inches) of the ice, with two hockey skate blades mounted beneath the seat. A portion of the front frame rests on the ice and provides lateral stability. Straps around the ankles, knees, and waist securely hold the player on the sledge.

Two half meter (1.5 foot) "sticks" are used. The "sticks" are modified hockey sticks with 4 cm teeth attached to the bottom of the non-blade end. Leaning left or right while digging the stick into the ice turns the sled. Players slide to a stop on one or both blades like a skater. All players wear regulation protective hockey equipment.

