



THE LONG ISLAND GULLS and GREEN MACHINE ICECATS

FREE

CROSS ICE DEVELOPMENTAL HOCKEY PROGRAM

CHOOSE LOCATION

ICE WORKS - SYOSSET 5:45 TO 6:45pm

NEWBRIDGE - BELLMORE 6:15 TO 7:15pm

PARTICIPANTS SHOULD ARRIVE 15 MINUTES EARLIER TO SUIT UP

CHOOSE SEMESTER(S)

FIRST SEMESTER DATES: SEPT 15, 22, 29 • OCT 6, 13, 20, 27 • NOV 3, 10, 17, 24

SECOND SEMESTER DATES: DEC 1, 8, 15, 22 • JAN 5, 12, 19, 26 • FEB 2, 9, 16

PARENT'S NAME: _____

PARTICIPANT'S NAME: _____ DOB: _____

ADDRESS: _____

PHONE: (H) _____ (C) _____

EMAIL ADDRESS: _____

SELECTIONS WILL BE MADE ON A FIRST COME, FIRST SERVED BASIS.

CONFIRMATION WILL BE MADE TO YOUR E-MAIL ADDRESS

PLEASE FAX COMPLETED FORM TO 516-677-0150.

EQUIPMENT NEEDED: SKATES, STICKS, GLOVES, HELMET with FACEMASK, SHIN GUARDS, HOCKEY PANTS AND SOCKS, PRACTICE JERSEY

INSTRUCTION BY MEMBERS OF THE LONG ISLAND GULLS AND GREEN MACHINE ICECATS COACHING STAFFS