

SHEO

c/o Ottawa District Hockey Association
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HLEO

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Ottawa's Sledge Hockey Season Opens

Ottawa, Ontario – Ottawa-based Sledge Hockey of Eastern Ontario Association (SHEO) will hold its first open house, practices and house league games on the September 30th weekend. Many returning and new players are anxious to get on the ice in their sledges and sharpen their skills at the beginning of the hockey season. On October 2nd, we are holding an “Open House” to introduce the sport to new players and have also invited a Midget AAA stand-up hockey team to try playing our sport with our Intermediate players. Therefore, should people be interested in learning more about becoming involved into this interesting sport, you are invited to come and see us and/or consult SHEO's web site at: <http://www.sheo.ca>. The detailed season opening events' schedule is described below.

SHEO's House League Start – Come see them play !

Date: September 30, 2011, 05:30pm-09:30pm

Location: Reception Area and Walkley Rink, Jim Durrell Arena, 1264 Walkley Rd. Ottawa

House League: 05:30pm-09:30pm

- 5:30pm to 7:30pm: House League & Intermediates' Registrations
- 6:30pm to 6:45pm: Team warm-up
- 6:45pm-9:20pm:
Games / Free Play for players registered in House League



Junior/Novice, Intermediate, Open-House, and Exhibition Game

Date: October 2, 2011, 10:30am-03:30pm

Location: Jim Durrell Arena, Reception Area and Walkley Rink, 1264 Walkley Rd. Ottawa

Juniors/ Novice: 10:30am-01:30am

- 10:30am to 11:15am: Junior/ Novice Registrations
- 11:30am to 12:00pm: Team warm-up and Equipment Fitting
- 12:00pm-13:15pm: **Open House and Junior/Novice Practice**



Intermediates: 12:30pm-03:30pm

- 12:30pm to 13:15pm: Intermediate Registrations
- 13:30pm to 14:00pm: Team warm-up and Equipment Fitting
- 14:15pm-15:15pm:
Exhibition Game vs. Eastern Ontario Wild AAA Minor Midget



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See Page 2 about the SHEO Divisions



SHEO's Divisions and Teams:

Juniors / Novice



The **Junior/Novice Program** usually involves players starting as early as 3 years old to the age of 16. The program works to instruct the kids and older new players on the basics of sledge hockey. In the beginning of the season, players are taught proper picking techniques, stick handling, and turning. As they progress through the program, players begin to work on position, puck handling, and passing.

Intermediates



The goal of the coaches and instructors is to have the players learn in a fun atmosphere while still giving them a real workout. Junior/Novice players usually stay in the program until they reach an appropriate mix of age and skills before they move up to the **Intermediate** level where they play and practice with players with more advanced hockey skills, and participate in more competitive opportunities.

Senior League



Further competitive opportunities also exist for Intermediates to play 1 to 2 games in our **House League** on most Fridays, and highly competitive games across Ontario, Quebec and the U.S. in our **Senior League** Team called the "Ottawa Sledgehammers".

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