

Sledge Hockey of Eastern Ontario – SHEO



Ice-Hockey for every-body!

<http://www.sheo.ca>

GENERAL ENQUIRIES:

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WHAT IS SLEDGE HOCKEY?

Sledge Hockey is a team sport that participants with or without disabilities can play on an equal basis. Sledge hockey conforms to the rules and form of traditional hockey. The skills required to control and propel the sledge add a new element of excitement and challenge to a game already well known for its fast pace and outstanding teamwork.

Sledge Hockey is an innovative team sport that incorporates the same rules and discipline structure as standard ice hockey. Sledge hockey players sit on specially designed sleds, or 'sledges', with skate blades under the seat. Two sticks are used to not only pass, stickhandle and shoot the puck, but also to propel and manoeuvre their sledges. Canada is a recognized world leader in the development of the sport of sledge hockey and equipment for players. Athletes wear the same hockey equipment as authorized by the Canadian Amateur Hockey Association.

SLEDGE HOCKEY OF EASTERN ONTARIO (SHEO)

Sledge Hockey of Eastern Ontario is an association made up of athletes, their families, coaches and volunteers who take part in a wonderful sport called sledge hockey (also named "sled hockey" by our friends from the USA). The association has a long history dating back about 30 years. Initially, the Ottawa-Carleton Sledge Hockey and Ice Picking Association (OCSHIP) organised the sport in the region when ice picking races were held out of doors. Eventually, playing sledge hockey became the predominant sport given the interest and the increased availability of arenas.

Quick Facts:

- Established as OCSHIP in 1982
- Issued letters patent as Ontario Corporation Number 855897 on April 5, 1990
- A member of the Ottawa District Hockey Association (ODHA) Branch of Hockey Canada in 2004
- Associate member of the National Capital Sports Council for the Disabled (NCSCD)
- Players are from Ottawa and the surrounding area including: Almonte, Beachburg, Bourget, Casselman, Cornwall, Gatineau, Lunenburg, Morewood, Rockland, Thurso, and Winchester
- Current roster of about 50 to 80 players in three divisions
- Season normally runs from September to April each year
- Regular games and practices usually take place at the Jim Durrell Arena
- Ice times:
 - o Friday 6:30-9:30pm: House League
 - o Sunday 11:30am-1:30pm: Junior/Novice
 - o Sunday 1:30-3:30pm: Intermediates



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SLEDGE HOCKEY HISTORY:

Sledge hockey was invented by Swedish wheel chair users on a frozen lake in south of Stockholm in 1961. The men modified a metal frame sledge, with two regular-sized ice hockey skate blades that allowed the puck to pass underneath. Using round poles with bike handles for sticks, the men played without any goaltenders. The sport caught on and, by 1969, Stockholm had a five-team league. That same year, Stockholm hosted the first international Ice Sledge Hockey match between a local club team and one from Oslo, Norway.

During the 1970s, teams from these two countries played once or twice a year. Several other countries began to establish teams, including Great Britain (1981), Canada (1982), USA (1990), Estonia and Japan (1993). Ice Sledge Hockey became an official event at the Lillehammer 1994 Paralympic Winter Games in Norway. Canada, Norway, USA, and Japan have dominated international competitions, but the sport is growing with teams now established in Germany, the Netherlands, Denmark, Czech Republic, Russia and Korea.



EQUIPMENT

Players use their arms to propel themselves by digging picks on the butt ends of two short hockey sticks into the ice to pull them forward. The blade ends of the sticks are curved to facilitate shooting, one with a right-hand curve and the other with a left-hand curve. The sleds typically have two hockey skate blades affixed under the seat with a metal bar in the front. The sleds are about three inches off the ice and from 2 to 4 feet long, depending on the player's size. Players wear the same hockey equipment that is required by amateur hockey organisations.

Goalies use the same equipment as stand up hockey goalies but they don't always use the same big knee pads as it would be a lot harder to get up on a sled after you went down to make a save. The stick is like a mini stick when compared to the standard goalie stick. In sledge hockey, the goalie has a heel pick on the bottom of the stick to move from side to side of the net, it also helps the goalie to move deeper in the net or to come out of the net.



STRAP INTO A SLED AND GIVE THE SPORT OF SLEDGE HOCKEY A TRY!

Upon request, SHEO can provide a range of fun skills, drills, and games to introduce the exciting sport of sledge hockey. Children and adults and their parents/caregivers get a chance to learn about and TRY an exciting winter leisure opportunity! SHEO provides specialized sleds and sticks, and has a limited amount of other equipment available for loan. A CSA approved helmet is mandatory for all.



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