**Hockey Enrichment**

**Wellness/Physical Education Grade 10**

* **Period One: Classroom, C208**
* **Period Two: Gymnasium**
* **Wellness Topics: Dimensions of Wellness, Respect in Sport, Steroids, Energy Drinks, Sports Injuries, Nutrition, Healthy Food Choices, Environmental Wellness, Societal Norms, Changes in Sport.**
* **Physical Education Topics: Fitness, quickness, weight training, flexibility, balance. Fitness testing, low organized games.**
* **On Ice: Starts Oct 15th.**
* **Tuesday, Wednesday, Thursday, we will be on the ice at the Willie O’Ree from 8:45 until 10:30**
* **Monday and Friday, we will be at the school working on Wellness topics and Physical Education Topics**
* **It is the responsibility of the player/parent to transport gear to and from the rink each day. If they play on the school teams or the Midget Caps it can be stored at the rink, otherwise it must be dropped off and picked up.**
* **After the on ice sessions the students need to shower, have their snack and be in class for period three by 11:15.**
* **All regular HNB hockey gear must be worn at all times, which includes full face protection and neck guards.**
* **Players need their own practice jersey.**
* **There is a $30.00 fee for this course. This fee does not go towards ice time as we have a reciprocal agreement with the city so they do not charge, but we will have guest instructors throughout the season, on the ice and in the gym. Checks can be made to Leo Hayes High School, or you can pay cashless through our school secretary Julia Woodhouse, Julia.woodhouse@nbed.nb.ca**

**Any questions or concerns, please don’t hesitate to call or email.**

**Kurt Allen 453-8068** **kurt.allen@nbed.nb.ca**

**Parents Signature/email:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**