

# STICKTIME – EFFECTIVE 7.12.11

How did Wayne Gretzky become Wayne Gretzky? Not by just playing a few games every week. Instead, he spent countless hours on a frozen backyard pond with unstructured ice time, fooling around, experimenting, to "see where the puck took him," to the point where he could feel it without looking down.

In Ken Dryden's book, **The Game**, there is a passage where he discusses Guy Lafleur's habit of practicing on his own at the Montreal Forum for one hour before every Canadiens' team practice (and he was already a perennial All-Star). Somebody in his early life taught him the value of **Sticktime!** In warmer climates we can't offer frozen ponds, but indoor rinks can do the next best thing: ice sessions devoted strictly to individual skill development- skating, stickhandling, passing, and shooting ...**Sticktime!** This is the time for experimentation and trying new things. Things you don't have time to learn in a game. This is the time to get so accustomed to having a puck on the end of your stick that it becomes second-nature to you for the few moments you do get it in a game.

## **SKATETOWN'S STICKTIME POLICIES & PROCEDURES**

- Sticktime is intended for players to just skate and work on individual skill development, and most importantly to have fun. No (semi-) organized games!
- **Organized play is not allowed.** Organized play is defined as scrimmaging, or continuous play. *Practicing set plays is acceptable, and organized drills are acceptable. Set plays and drills have a distinct beginning and end while scrimmaging does not.*
- This is a good time to schedule a private lesson. **Private lessons are limited to Skatetown Instructors only.**
- Pucks are not provided, but can be purchased in the Pro Shop. Markless pucks must be used. No weighted pucks are allowed as they can damage the glass. Players observed using regular/marking pucks are subject to a dasher cleaning charge of \$50.
- Full equipment is required, including a HECC approved helmet. Full equipment is: Helmet, Full face cage/shield (for players under 18), shoulder pads, elbow pads, gloves, pants, shin pads, skates
- The following are not allowed: Team practices, scrimmaging, checking and aggressive play.
- Players (or their parent if under 18) must read and sign a waiver. Unsupervised minors must be at least 7 years old. Minimum age for supervised minors is 4. If minors are present, the ice may be divided in two with adults on one side and minors on the other
- Drills run by a Skatetown Instructor are permitted but must be open to all skaters.
- If there are a wide range of skill levels on the ice, a large number of skaters and/or very young skaters, the monitor may determine that dividing the ice with the Border Patrol pads is needed, in which case they will put the pads on the ice. They may put two sets of pads out to create three separate playing areas. Drills and Private lessons are some of the activities that may take up more ice than they should
- During stick time sessions the ice monitor will oversee the function and make a judgment as to the fairness and safety of the activities. The decision of the Sticktime monitor must be respected and followed. Participants not following the monitor's direction will be asked to leave the ice and the monitor is to contact a manager.
- Maximum skaters = 45 skaters, excluding Skatetown Teammates and goalies (based on 15 players per 1/3 ice)

### **Skatetown's Responsibilities:**

- ✚ Provide nets (up to 6 nets are available)
- ✚ Provide quality ice

### **Player's Responsibilities:**

- ✚ Put nets away when done and move nets that will stay on the ice so we can keep our events on time
- ✚ Players must be off the ice at the end of the session time in order to keep the sessions running on time
- ✚ Keep all rink doors closed except when exiting and entering the ice

**Cost:** \$12 for 1 hour session; \$18 for 1.5 hour session effective July 25, 2011



**SKATETOWN ICE ARENA, 1009 ORLANDO AVENUE, ROSEVILLE CA 95661**

**[WWW.SKATETOWN.BIZ](http://WWW.SKATETOWN.BIZ); 916.783.8330**

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