

# Child's Hockey Progression Chart

You don't need any previous skating experience or to have passed any Skate UK grades to join our Skate Hockey programme.  
Skate Hockey is open to anyone aged 4 to 16 years old\*

*\*Age five and under must have passed Tots Skating Lessons grade 2.*

## COURSES

## ADDITIONAL TRAINING



### SKATE HOCKEY GRADES 1-6

**Mondays 6pm-7pm**

*Helmet, throat guard, gloves, hockey skates and stick required*

**Club players welcome**

You can access the following:

**Barrier Hockey**  
(full equipment needed)

**Hockey Clinics**  
(full equipment needed)

**Public Sessions**



### PLAY HOCKEY GRADES 1-3

**Thursdays 8pm-8:45pm**

**Full equipment required:**  
*helmet with face mask, throat guard, shoulder pads, elbow pads, hockey shirt, gloves, hockey shorts, hockey leg guards, hockey jock (boys) or pelvic protector (girls), hockey socks, hockey skates and stick*

You can access the following:

**Barrier Hockey**  
(full equipment needed)

**Hockey Clinics**  
(full equipment needed)

**Public Sessions**



### NOTTINGHAM ICE HOCKEY CLUB

*(should you be accepted after observation)*

**NIHC will notify you of the training day/time**

**Full ice hockey equipment required**

*No access to the club between 18th December 2017 to 1st June 2018 due to EIHA registration cut off date*

You can access the following:

**Barrier Hockey & Hockey Clinics**  
(full equipment needed)

**Public Sessions**

**Own team training sessions**

**Skate Hockey Grades 1-6**

If you are not accepted into the NIHC following observation, you can re-enrol onto Play Hockey or carry out additional training, then try for the club again after another course.