



## Mineola PAL Hockey

124 Second Street  
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[www.mineolapal.org](http://www.mineolapal.org)



# Mineola PAL Roller Hockey Clinic

## Welcome to the 2009/2010 Roller Hockey Clinic

The Clinic is comprised mainly of 5 to 7 year olds. Our goal is to teach the kids to skate, stick handle and shoot. The main goal is for the kids to have a good time.

**The clinics will take place every Sunday morning at 10:00 AM  
Starting November 1, 2009 and Ending on January 3, 2010**

*(There will be no clinic on November 29, 2009 during the Thanksgiving Break)*

All Clinics will take place at the Big Rink, Wilson Park  
(across from entrance to Mineola pool)  
Parking lot is on Westbury Ave. at the end of Sheridan Blvd.

## EQUIPMENT NEEDED

Hockey Skates  
Helmet with cage  
Shoulder pads  
Knee pads  
Elbow pads  
Hockey stick  
Mouth Piece  
Athletic Supporter/Cup  
Hockey pants (optional)

**Clinics may be cancelled and rescheduled in the event of inclement weather,  
call the Hockey Hotline for the latest updates regarding cancellations.**

**Hockey Hotline 516-747-1663**