



Mineola PAL Hockey

124 Second Street
P.O. Box 284
Mineola, NY 11501
www.mineolapal.org



Mineola PAL Roller Hockey Clinic

Welcome to the 2010/2011 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 7th, 2010 and Ending on January 9, 2011**

(There will be no clinic on Sunday, December 26th, 2010 Christmas weekend)

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