

# Saskatoon ICE TORNADOES

S L E D G E H O C K E Y C L U B



SEASON RUNS FROM OCT-MARCH

## **ABOUT SLEDGE HOCKEY**

Sledge hockey is a Paralympic Sport that follows the same guidelines as stand-up hockey with a few additional rules and sport specific equipment.

## **SASKATOON ICE TORNADOES CLUB**

The club is based in Saskatoon and is comprised of both men and women, with and without disabilities.

## **EQUIPMENT**

Para hockey is played by sitting in a plastic “bucket” that is attached to an aluminum frame with two skate-type blades attached beneath it. The use of two shorter hockey style sticks are used to pass and shoot the puck and have picks installed on the opposite end to be used to propel themselves. Traditional hockey equipment is worn by players such as helmets, gloves, neck guards, shoulder and shin pads.



## **PRACTICES**

Practices are held at Merlis Belsher Place, 2010 College Drive, Saskatoon.

Oct. 20<sup>th</sup> and 27<sup>th</sup>, Nov. 3<sup>rd</sup> and 17<sup>th</sup>, Dec. 8<sup>th</sup> and 15<sup>th</sup>, Jan. 5<sup>th</sup>, 19<sup>th</sup> and 26<sup>th</sup>, Feb. 2<sup>nd</sup>, March 16<sup>th</sup> and 23<sup>rd</sup>. All start times are 8:45 A.M.

There are also three tournaments in the season

## **REGISTRATION AND FEES**

Registration is \$200.00 a season, which includes the use of sledges and sticks.

## **CONTACT**

For more information, please contact us at [icetornadoes@sasktel.net](mailto:icetornadoes@sasktel.net)

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