

WHAT IS SLED HOCKEY?

Sled hockey is an exciting sport that uses the same rules as hockey. Instead of leg skating, players sit on specially designed sleds, and use two short sticks to propel themselves across the ice. Legal body contact and raised puck shooting are as much a part of sled hockey as they are in traditional hockey.

PHYSICAL FITNESS

Sled hockey players discover that skating in a sled is fun and a great form of exercise. It increases strength, coordination and conditions the upper and lower body. The balance needed to propel, turn, stop and play the puck gives arms, legs, back, and abdominal muscles a real work out. Some paraplegics who play regularly notice an increase in balance when using their wheelchairs.

EQUIPMENT

Equipment for the sport includes a tubular framed sled between 3 and 5 feet long. The sled sits 3 inches off the ice with two hockey skate blades mounted beneath the seat. A portion of the front frame rests on the ice and provides stability. Straps around the ankles, knees, and waist securely hold the player on the sledge.

A pair of 30 inch "sticks" is used to propel. The custom made sled hockey sticks have 4 mm teeth attached to the bottom of the butt end. Leaning left or right while digging the stick into the ice, turns the sled. Players slide to side on one or both blades using a hockey stop.

All players must wear IIHF regulation protective hockey equipment.

WHO CAN PLAY?

Anyone can play. Both males and females are encouraged to participate in this sport. It's a sport that totally integrates players with mobility limitations, amputees, and able-bodied people with knee, leg or hip injuries that limit their participation in standard hockey.

DIVISIONS OF PLAY

ADULT (any age)

INTERMEDIATE (any age)

***NOVICE** (any age)

***JUNIOR** (under 18 as of 12/31)

* = no check divisions

FURTHER DIVISIONS AS REQUIRED

FUTURE PROGRAMS UNDER CONSIDERATION:

***NEWARK DELAWARE
HARRISBURG AREA
LEHIGH VALLEY
POCONO MOUNTAINS***

DEVELOPMENT CONTACT:

MIKE DOYLE

856-488-8308

doylemj@comcast.net

ATLANTIC SLED HOCKEY
www.sledhockey.net



**USA HOCKEY MEMBERSHIP
INFORMATION CONTACT YOUR
AFFILIATE REPRESENTATIVE OR
MIKE DOYLE FOR REGISTRATION HELP**

FOR INFORMATION CONTACT:

**MIKE DOYLE
PENNSAUKEN, NJ 08110
856-488-8308
doylemj@comcast.net**

TAX-DEDUCTIBLE DONATIONS:

PCAS/ATLANTIC SLED HOCKEY

**c/o: Janet L. Doyle
555 N. Broad Street, Unit B-620
Doylestown, PA 18901**

existing JUNIOR programs



ATLANTIC HAMMERHEADS
(PA-Bucks/Mont) established 1998
Marypat Hallman (team manager)
215-672-4915
MarypatHallman@comcast.net
www.sledhockey.freesevers.com



N.J. DEVILS YOUTH HOCKEY
(NJ-north) established 2000
Kelly Coyle DiNorcia (team manger)
973-731-7294
njdadmin@mycomcast.com
<http://www.njdyhc.com/>



SOUTH JERSEY WINGS OF STEEL
(NJ-Cherry Hill area) established 2001
Tom Brake (team manager)
856-784-7738 tbrake@snip.net
<http://www.sjwingsofsteel.com/>



VINELAND SLED STARS, NJ
(NJ-southeast) established 2002
Kathy Shelton (team manager)
856-358-3284 KRS586@aol.com
<http://mywebpages.comcast.net/sledstars/>

WOODBIDGE WARRIORS
(NJ-central) established 2003
Angela Fee feeboysmomathome@verizon.net
http://ws.gmnews.com/News/2003/1203/Front_Page/001.html

EXISTING ADULT PROGRAM



PA CENTER-PEDES
(Metropolitan Philadelphia)
Mike Doyle doylemj@comcast.net
Jim Leatherman jkleath@comcast.net
Isabel Bohn pacenter@aol.com
<http://www.sledhockey.net/pacpindex.html>

GOLD MEDAL SUPPORT
COBB'S CREEK, PHILADELPHIA, PA
CONSTANS CULVER FUND, NY
MAX'S HOCKEY SHED
VINELAND ICE ARENA, NJ
WINTERSPORT, WILLOW GROVE, PA

SILVER MEDAL SUPPORT
PA CENTER FOR ADAPTIVE SPORT
THE POND, NEWARK DE
THE SKATIUM, HAVERTOWN, PA
WARRINGTON WOMAN'S CLUB, PA

BRONZE MEDAL
ATLANTIC AMATURE HOCKEY ASSN.
FLYERS SKATE ZONE ATLANTIC CITY
HIGH RIDGE ICE ARENA, NJ
MONTCLAIR HOCKEY CLUB, NJ

SPONSORSHIP OPPORTUNITIES:
USSHA IS A NOT-FOR-PROFIT ORGANIZATION.

TAX-DEDUCTIBLE DONATIONS:

PCAS/ATLANTIC SLED HOCKEY
c/o: Janet L. Doyle
555 N. Broad Street, Unit B-620
Doylestown, PA 18901

- a thank you/acknowledgement letter will be sent from PCAS

OR CONTACT YOUR LOCAL SLED HOCKEY CLUB TEAM FOR SPONSOR OPPORTUNITIES

DONATE USED/NEW EQUIPMENT
CONTACT: MIKE DOYLE
856-488-8308 or
doylemj@comcast.net