**LACE EM UP**

**SPONSORED BY**



**WHERE & WHEN? WHO IS ELIGIBLE?**

Pomeroy Sport Centre September 21 - 12:30 – 4:15. All children between the ages of 5 & 12 who have little or no hockey experience.

**What is the cost?** There is no cost.

**How do I sign up?**

Forms are available on the bulletin board outside the Minor Hockey office located in the Pomeroy Sport Centre. Drop off your completed form in the drop box at the FSMHA office (located in Pomeroy Sports Centre) or email the name and age of child to [fsjmha@telus.net](mailto:fsjmha@telus.net)

**Are there equipment requirements?**

Yes: Helmet, Neck Guard, Skates, Gloves and Face-Shield, Stick

Elbow pads if available. If you need help with equipment please note on your registration form.

**WHAT IS THE LACE EM UP PROGRAM**

A program developed by BC Hockey to introduce the fundamental skills of the game along with the benefits of having fun and meeting new friends. FSJMH will be offering this program to all children in the District. We will also be hosting a mini Jamboree after the Lace em Up for more fun and activity.

**LACE EM UP REGISTRATION**

*FSJ MINOR HOCKEY*

*Email:* [*fsjmha@telus.net*](mailto:fsjmha@telus.net)

*Fax: 250 787 7134 phone: 250 787 7133*

*Box 6356 Fort St. John V1J 4H8*

*NAME \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ AGE \_\_\_\_\_\_\_\_\_*

*PHONE OR CELL # \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

*QUESTIONS?* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
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*We are looking forward to seeing you at the rink!*