

# Shinny Hockey



By Patricia and Courtney Anne Veinott

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# Shinny Hockey



Written by  
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Dedicated to my dad, Keith Veinott





I look forward to the end of November because shinny hockey begins at the Lawrencetown Youth Arena.



It is held on Monday and Thursday nights.  
There are two age groups: ages 6 – 9 and  
ages 9 – 12 this year. I play with the  
9 – 12 year olds.





Last year there was one group with 18 – 27 players between the ages of 6 – 12 years old. This year there are 40 – 45 players playing as two groups.



Our group starts off with skating drills to warm us up – stopping, skating backwards and stick handling. Each week, two different players dress in goalie gear.





All the players need to wear the proper hockey gear including, neck guard, hockey helmet with face shield and hockey skates.



In the dressing room we either put on a red or blue jersey. A team is made up of both girls and boys all with the same color jersey. We play as a different team each night.



The game starts after our skating drills. We all take our positions at center ice, the whistle blows and the puck drops. The game begins.



The shinny hockey program is organized, coached and refereed by parents who volunteer their time. The game is played like a regular hockey game including, off sides, icing and penalties.



We all skate very hard and shoot the puck. It is great when you score a goal! There is no time clock running to keep score, but we all know who is winning.





Every night we play we get better at skating, puck handling and scoring. The one hour of hockey goes too fast. We never want it to end.





There is no better feeling than dressing in hockey gear and having a stick that's wrapped in your favourite team's hockey tape – go Penguins!



Towards the end of the game, we take 5 minutes to have a shoot out. Every player gets a chance to skate from centre ice with the puck and shoot on the goaltender. It's great if you score and still fun if you don't.

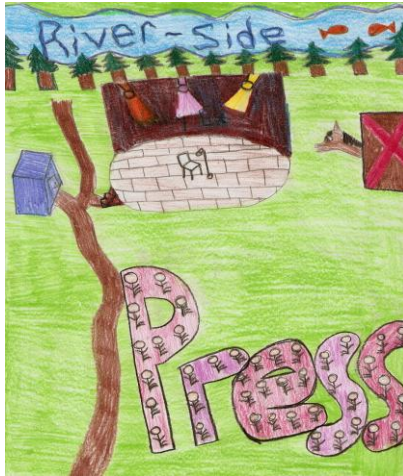


Last year we had team pictures taken with our coaches. They were taken by the parents. This year I am sure we will have them taken again, as we have coaches from last year and other new coaches. We all love having our picture taken!



Towards the end of March, before the arena closes, we have a fun night. The moms and dads put on hockey gear and play against us. It is lots of fun. We end the evening with snacks and a small keepsake given to us while enjoying the heat of the warm room.





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