



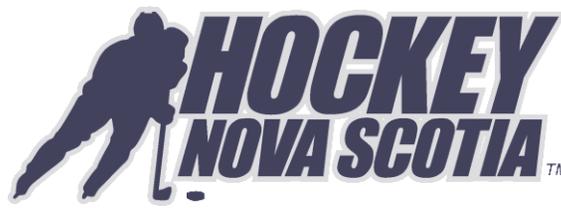
## Get Involved!

Play, Coach, Volunteer...

Contact Hockey Nova Scotia at (902) 454-9400

email: [dcossar@hockeynovascotia.ca](mailto:dcossar@hockeynovascotia.ca)

or visit [www.hockeynovascotia.ca](http://www.hockeynovascotia.ca) for more info.



### History of Sledge Hockey

Sledge hockey was invented at a rehabilitation centre in Stockholm, Sweden in the early 1960's, by a group of people who wanted to continue playing hockey despite their physical disabilities. They modified a metal frame sled (sledge) with two regular-sized hockey skate blades that allowed the puck to pass underneath. Using round poles with bike handles for sticks, the men played without any goaltenders. The sport caught on — by 1969, Stockholm had a five-team league that included athletes with a disability as well as able-bodied athletes. At the recreational level, anyone can play sledge hockey, disabled and able-bodied. At the international level, however, only athletes with a disability in the lower part of their body can be classified by the International Paralympic Committee (IPC) to participate.

# Get In The Game!



## Hockey Nova Scotia Sledge Programs

There are currently five organized Sledge Hockey programs

operating in Nova Scotia. Four fall directly under HNS and one is run

through Easter Seals.:

Acadia MHA, Todd Grant [todd.grant26@gmail.com](mailto:todd.grant26@gmail.com)

Halifax, BMO Ctr, Ken MacDonald [ken.mcdonald@ns.sympatico.ca](mailto:ken.mcdonald@ns.sympatico.ca)

Sydney, Steve Deveau [sgk.deveau@ns.sympatico.ca](mailto:sgk.deveau@ns.sympatico.ca)

Easter Seals, Faye Joudrey [f.joudrey@easterseals.ns.ca](mailto:f.joudrey@easterseals.ns.ca)

South Shore Sledge Hockey, Dave Waters [dwaters@modl.ca](mailto:dwaters@modl.ca)

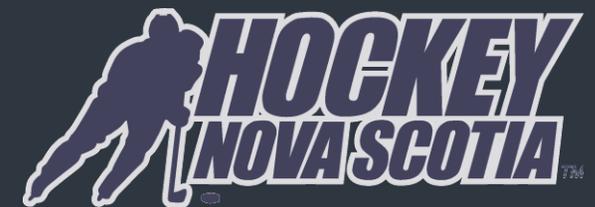
If you are interested in starting a program in your area, contact

Hockey Nova Scotia.



Avril Lavigne visits with HNS/Easter Seals Sledge Hockey Players

Hockey Nova Scotia  
7 Mellor Avenue, Unit 17  
Dartmouth, NS B3B 0E8  
Ph: (902) 454-9400  
Fax: (902) 454-3883  
[www.hockeynovascotia.ca](http://www.hockeynovascotia.ca)  
[dcossar@hockeynovascotia.ca](mailto:dcossar@hockeynovascotia.ca)



## Sledge Hockey

No matter how you say it...

No matter how you play it...

It's HOCKEY!



Get in the Game!

NO MATTER HOW YOU SAY IT...  
NO MATTER HOW YOU PLAY IT...  
IT'S HOCKEY!



**HNS FOUNDING  
SLEDGE HOCKEY PLAYER,  
NICOLE DURAND**

"I WAS TIRED OF GOING TO THE RINK TO  
SEE MY BROTHER PLAY, I WANTED TO GO  
TO THE RINK FOR ME. LIKE THEY SAY, IT'S  
HOCKEY AND IT'S FUN!"

Get active, participate with your friends on an equal playing field, play Canada's game. Hockey Nova Scotia needs you; we need players, coaches, and volunteer organizers to assist us in growing the exciting game of Sledge Hockey. Recruit your friends and contact Hockey Nova Scotia to get involved. Sledge hockey is open to anyone interested in participating, to find out more give us a call or check us out on the web.

## Equipment

### Sledge

The frame is made of aluminum or steel attached to a plastic bucket, which can be modified depending on the player's disability. The frame is set on two standard hockey skate blades. Players often start playing with the blades further apart and move them closer together as their ability level increases. The height of the main frame must allow for the puck to pass underneath the sledge. Straps secure the player's feet, knees and hips to the sledge.



### Sticks

Sticks have a blade for puck handling and shooting at one end and metal picks for propulsion at the other. As in able-bodied hockey, there are both one-piece and two-piece sticks.



To lead, develop and promote positive hockey experiences.

[www.hockeynovascotia.ca](http://www.hockeynovascotia.ca)

(902) 454-9400

