



2010 8U Skills Challenge

Friday March 5, 2010

6:00-8:30 pm

Southwest Fowler Arena – All 8U Girls

Players from all 8U teams are eligible to participate

Each player can test her skills against the others

8U Jamboree participants in this skills challenge.

Two individual events and one team event.

Gold, Silver, and Bronze medals will be given for the
top three finishers in each event.

Skills Event Descriptions

Fastest Skater – Individual event (all players can race)

The skater will race forwards one time completely around the rink. Starting at the center red line around the net in one end and completely the length of the ice on the other side and then return to their starting point. Two racers race at the same time, starting on opposite sides of the rink and racing in a counter-clockwise direction. Racers must be in full gear and with sticks. **Top three times will receive individual medals.**

Obstacle Course – Individual Event (all players can race)

Racer will skate through course consisting of pairs of short pylon connected with a stick; participants will jump over the short pylons at one blue line and perform a SUBMARINE at next blue line. Participants go the full length of the ice, around a cone and return doing the same things on way back. There will be a **TWO** second penalty added for each stick knocked down. **Top three times will receive individual medals.**

Puck Relay – Five Player Team Event (coaches to form the teams)

Each skater will carry a puck in a hockey gloved hand, the length of the rink and around a pylon at the opposite GOAL LINE. Return skating backwards to teammates and hand the puck off to the next skater in line. Repeat the procedure until all five skaters have gone the distance. Total time will be running until the fifth skater has completed the course. **Members of the three fastest team times will be awarded medals.**