

# NY RAPTORS

Welcome to the NY Raptors! We're so happy that you have joined our team. We want all of our players to have a good time while learning to play the game of hockey.

## **What NY Raptors athletes need to know:**

- Please become familiar with your equipment and try to put on whatever pieces you can. Please take care of your equipment to the best of your ability.
- Please do your best to listen and follow the coach's instructions.
- Please bring a water bottle to keep on the bench. If you are tired you may rest on the bench.
- Safety always comes first. This is a non-checking (no hitting) league. Any intentional hitting or slamming of sticks will result in an unsportsmanlike penalty and a time out in the penalty box.
- Don't be afraid to ask questions if you do not understand an instruction.
- Have Fun!