



★ ★ THE OFFICIAL HOME OF ★ ★ ★ ★ ★ ★ ★ ★ ★ ★
SEATTLE JUNIOR HOCKEY ASSOCIATION

SOLID PEOPLE.....SOLID HOCKEY PLAYERS



*Home of the Seattle Totems!
Junior A Hockey Club*

***Join Lil Admirals Today ages 4-10 –
NO skating or hockey skills required!***



Best Instruction in the Pacific Northwest!
Focus is on proper skating, stick handling, stance,
balance, and fun!



***Do not wait...sign up today at www.sjha.com and
click on BEGINNERS to get started.***

SJHA Beginners program is a 'one of a kind' program helping young players develop both physically and mentally for the sport and in life.

Other AMAZING perks in joining SJHA Lil Admirals is:

- Season Ticket holders to all Totem Home Games (included in hockey registration)
- Lil Admirals play at intermission during Totem's Home Games
- New Hockey Stick
- Practice Jersey

And if you sign up by September 15th, you will receive 25% off rental Gear for the season!!

For further questions, please contact our Beginners Director,

Rochelle Long @ beginners@sjha.com



WHAT HOCKEY TEACHES

Hockey helps boys and girls make big strides on and off the ice. Here are just a few of the positive characteristics youth hockey helps bring out of kids:

<i>Pride</i>	<i>Focus</i>	<i>Exhilaration</i>
<i>Strength</i>	<i>Responsibility</i>	<i>Thrills</i>
<i>Adventure</i>	<i>Confidence</i>	<i>Leadership</i>
<i>Friends</i>	<i>Teamwork</i>	<i>Laughter</i>

"Hockey can be the draw that brings kids in, and we can help them with skills, but in reality we are teaching them life skills ... helping create self esteem, teamwork, problem solving and communication skills ... along with a form of exercise to help them live healthier lives. That's what's good about introducing kids to the game."

-Former New York Ranger and Stanley Cup Champion Steve Larmer, who helps coach inner city kids trying hockey in New Jersey

"Hockey is so fast and unpredictable that it teaches you to think quickly and make snap decisions. I think that quality translates really well to playing quarterback."

--Heisman Trophy Winning Quarterback Sam Bradford, who grew up playing hockey and football in Oklahoma