



## **RISE & GRIND!!! SUNSHINE SKATES ARE BACK FOR PMHA**

**Welcome back, early risers!**

We're excited to announce that PMHA will once again be hosting the **Sunshine Development Skates** this year. Sessions will take place every **Tuesday from 6:30 to 7:30 AM**. As in previous years, these early morning skates will be led by **Mr. Chris Edgar** and his students from the **LCCVI Phys. Ed. – Hockey Unit**.

The sessions will begin on **Tuesday, October 21st**, and run through to December 9th. These are open drop-in skates for players in **U7 through U13**. Since the sessions follow a station-based format that allows players to develop at their own pace, groups will be organized each week based on age and attendance.

As in previous years, these skates will run from **October through December**. We're hoping to continue into the **new year**, depending on interest and attendance. There is a **one-time fee of \$10** to join the program this season. This fee covers **unlimited attendance**, so you're welcome to come as often as you'd like. Please make sure the fee is paid **before your first skate on October 21st**.

**Payments WILL NOT be accepted in cash this year. Payment must be e-transferred to the PMHA Treasurer David Hogan @ [treasurer@petroliahockey.com](mailto:treasurer@petroliahockey.com)**

When e-transferring the funds please ensure to use the password **Sunshine2025**. Also make sure to include your players full name in the comment section so we know who the payment is for. It is also important that players are signed in at the sign in table each week so we can keep track of attendance.

Dan Wellington,

Player & Coach Development

PMHA