

sign up

\$300.00 per individual

\$275.00 Per individual if signing up a full team

(minimum of 7 players per team including the goalie)
(maximum of 13 players including goalie)

Name _____

Team _____

Age (in years) _____

Address _____

Phone _____

Email _____

Emergency contact _____

Emergency phone _____

*make checks payable to Norfolk Arena

*credit cards accepted by phone or in person

Start Dates

May 1, 2008 5:00 PM

May 2, 2008 5:00 PM

** Times and dates are subject to change based on final sign up numbers.

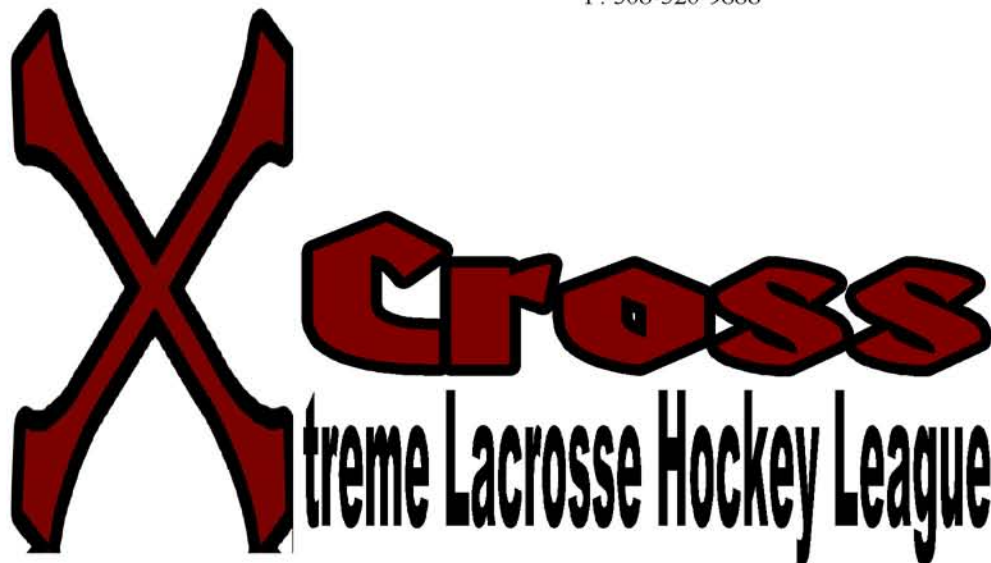
A laser fast new sport - the fastest game you ever played

Created and designed specifically by



Coming spring 2008

One Dean Street
Norfolk, MA. 02056
P: 508-520-9200
F: 508-520-9888



Think you have what it takes?

See inside for details

What is it?



is a laser fast new sport developed specifically by Norfolk Arena. Combining the power of Lacrosse and the speed of Hockey, this is easily the fastest game on ice. We spent many hours designing rules to keep safety in mind, but also allow for exceptionally high speed and ball movement. Players are required to use their regular standard hockey equipment, but instead of hockey stick and a puck we use a regulation ball and crosse. Playing this game will develop superior skating skills and razor sharp hand eye coordination. It will also result in increased stamina and conditioning making you better prepared for whatever other sports you choose.

This is not Hockey and this is not Lacrosse. This is



Think you have what it takes?

How it works.

- ✧ League style play
- ✧ Weekday games
- ✧ Same day every week
- ✧ Jersey provided to each player
- ✧ Standings
- ✧ League parity
- ✧ 12 week schedule plus playoffs

Who can play?

- ✧ If you can skate, you can play
- ✧ Players must have full Hockey equipment
- ✧ Players must have a crosse (Lacrosse stick)
- ✧ Full cage Hockey helmets are required.
- ✧ Full team entries are strongly recommended

While we will do our best to place all individual players on a team, we may be unable to do so. We strongly urge the formation and registration of full teams.(with a minimum of 7 players and a maximum of 13). We reserve the right to move players to other teams, but only to keep league parity. Full rules will be handed out prior to the start of the league.