

SKATE AND SHOOT

INFORMATION AND SCHEDULE

Fall, 2015 through Spring, 2016

Marano Campus Center Arena

The objective of SUNY Oswego's Skate and Shoot program is to provide a casual and non-aggressive environment in which members of the campus community are able to practice and develop ice hockey related skills, such as skating maneuverability, stick handling and shooting accuracy. There is no charge to participate in this program.

Rules and Policies

- Participants acknowledge that ice skating and other hockey-related activities are potentially hazardous activities that present an inherent risk of serious personal injury. Those who participate in the Skate and Shoot program do so at their own risk. Participants must sign the *Waiver of Liability* provided before being allowed on the ice.
- Participation is open to SUNY Oswego students, faculty and staff – and their spouses and children (age 18 and over). **A valid SUNY Oswego ID must be presented to the program coordinator before participation will be allowed.** Spouses/children of SUNY Oswego members will be required to present their spouse's or parent's ID, along with a form of personal identification (such as driver's license).
- Participants must provide and wear all required equipment. **Required equipment includes: HECC Approved Hockey Helmet with Full Facemask, Hockey Gloves, Hockey Skates, Ice Hockey Stick (with plugged end).** Recommended equipment includes: Elbow Pads, Shin Guards, Mouth Guard. Goal tenders must wear full goal tending equipment.
- Skate and Shoot sessions will be limited to the first **25** participants who check-in with the coordinator.
- Participants may not act as goal tenders in any capacity, unless they are wearing full goal tending equipment.
- Aggressive body contact, checking and slap shots are prohibited.
- Racing, horseplay or activities which may interfere with other participants are prohibited.
- Food, drinks (other than water), gum, candy and tobacco products are prohibited from the ice and bench areas.
- Use of headphones is prohibited while on the ice.
- Participants must comply with the instructions of the program coordinators, and must cooperate with other participants when shooting on goal or otherwise using the ice.
- Participants should secure their personal belongings. SUNY Oswego and its employees are not responsible for lost, stolen or damaged items.
- Anyone who appears to be under the influence of alcohol or illegal substances will not be allowed to participate.
- Participants who violate the rules for Skate and Shoot, or are otherwise disruptive, will be required to leave the ice for the remainder of the Skate and Shoot session.

SKATE AND SHOOT SCHEDULE

FALL, 2015 – SPRING, 2016

Marano Campus Center Arena

September

09/02/2015	Wednesday	12:00 NOON - 2:00 PM
09/09/2015	Wednesday	12:00 NOON - 2:00 PM
09/13/2015	Sunday	9:30 AM - 11:00 AM
09/16/2015	Wednesday	12:00 NOON - 2:00 PM
09/27/2015	Sunday	9:30 AM - 11:00 AM
09/30/2015	Wednesday	12:00 NOON - 2:00 PM

October

10/07/2015	Wednesday	12:00 NOON - 2:00 PM
10/14/2015	Wednesday	12:00 NOON - 2:00 PM
10/18/2015	Sunday	9:30 AM - 11:00 AM
10/21/2015	Wednesday	12:00 NOON - 2:00 PM
10/25/2015	Sunday	9:30 AM - 11:00 AM
10/28/2015	Wednesday	12:00 NOON - 2:00 PM

November

11/01/2015	Sunday	9:30 AM - 11:00 AM
11/04/2015	Wednesday	12:00 NOON - 2:00 PM
11/08/2015	Sunday	9:30 AM - 11:00 AM
11/15/2015	Sunday	9:30 AM - 11:00 AM
11/18/2015	Wednesday	12:00 NOON - 2:00 PM
11/22/2015	Sunday	9:30 AM - 11:00 AM

December

12/02/2015	Wednesday	12:00 NOON - 2:00 PM
12/06/2015	Sunday	9:30 AM - 11:00 AM

January

01/27/2016	Wednesday	12:00 NOON - 2:00 PM
01/31/2016	Sunday	9:30 AM - 11:00 AM

February

02/03/2016	Wednesday	12:00 NOON - 2:00 PM
02/07/2016	Sunday	9:30 AM - 11:00 AM
02/10/2016	Wednesday	12:00 NOON - 2:00 PM
02/14/2016	Sunday	9:30 AM - 11:00 AM
02/17/2016	Wednesday	12:00 NOON - 2:00 PM
02/21/2016	Sunday	9:30 AM - 11:00 AM
02/24/2016	Wednesday	12:00 NOON - 2:00 PM
02/28/2016	Sunday	9:30 AM - 11:00 AM

March

03/02/2016	Wednesday	12:00 NOON - 2:00 PM
03/06/2016	Sunday	9:30 AM - 11:00 AM

CHECK-IN for participants will take place at Visitors' Locker Rooms A & B.

LOCKER ROOMS A & B will be open for participants 15 minutes before the start of each session.

SUNY OSWEGO ID for current students, faculty or staff is required to participate.

REQUIRED EQUIPMENT for all participants includes HECC approved Hockey Helmet with full face mask, Hockey Gloves, Hockey Skates, and Hockey Stick.



Complete information regarding SUNY Oswego's Skate and Shoot program can be found at www.oswego.edu/openskate.