

Hello Everyone,

Please take time over the summer to come out and try sled hockey! We have 8 sessions scheduled at Cicero Twin Rinks....it is a great way to exercise and a blast for anyone who plays!!

- May 8th, 22nd 12:45-1:45pm
- June 5th, 19th 12:45-1:45pm
- July 3rd, 17th, 31st 11:30-12:30pm
- August 14th, 28th 11:30-12:30pm

**Location:**

Cicero Twin Rinks  
5575 Meltzer Court - Cicero, NY 13039

**Cost:** Donations are accepted.

**What Equipment is Needed?**

Gloves, Helmets will be provided on site.

**Contact Information:**

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- **You don't need to be able-bodied to play hockey and you do not need to be disabled to play in a sled. Try the new and exciting, fast paced game in Central New York. Come and Move Along with us during the summer.**
- **All Abilities and Ages Welcome.**

**What is Sled Hockey...?**

Sled or sledge hockey was invented at a Stockholm Sweden rehabilitation center in the early 1960's by a group of people who, despite their physical disability, wanted to play the sport of hockey. Players sit in specially designed sleds that sit on top of two hockey blades. There are two sticks for each player to use. One end of the stick has an ice pick for propulsion on the ice while the other end is used for stick-handling the puck. Sled hockey is similar to regular hockey in that games are played on a standard hockey rink with regulation goals.

**About Move Along Inc.**

In August of 2005, Greg Callen had a fall from a 13 foot balcony, resulting in a condition of Thoracic 12 complete paraplegia. After a few years of depression and learning about whom he was as person, not a body, Greg has made it his mission to assist others in finding resources to enable them to feel confident and strong about what they can accomplish! Move Along Inc. will strive to find athletes to compete throughout the nation and internationally as we grow!!

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