



# SLED HOCKEY

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## About the Turnstone Flyers:

Turnstone has two sled hockey teams. Our youth team is for athletes ages 8 to 20, and our adult team is for athletes ages 21 and older. Turnstone's sled hockey season is from October to May. During the season, teams practice once a week on Sunday afternoons at the Lutheran Health SportsCenter 3869 Ice Way Drive, Fort Wayne, IN.

Turnstone partners with Fort Wayne Youth Hockey to organize the Annual Bob Chase Frostbite Classic/Silverstick International Tournament. This popular tournament is held on Valentine's Day weekend. Outside of this tournament, Turnstone's sled hockey team travels to cities across the nation to compete. Past tournaments have been held in Grand Rapids, MI; Detroit, MI; Pittsburgh, PA; Columbus, OH; Cincinnati, OH; and Minneapolis, MN.

## Who is a Sled Hockey athlete?

Common diagnoses of children and adults who participate in the program include: Amputation, Spinal Cord Injury, Spina Bifida, Perthes Disease, Hip Dysplasia and Cerebral Palsy. Sled Hockey is an inclusive sport as each team is also allowed to roster three "able-bodied" athletes.

## Rules of Sled Hockey:

Essentially, all of the regular ice hockey rules apply to sledge/sled hockey. Sled hockey is played on a regulation sized ice rink with standard size nets and puck. The only differences are those necessitated by the sled and the athlete. These rules are below...

- Players use an Ice Hockey Sledge to compete (pictured at right).
- Players wear standard hockey gear, including full face mask, shoulders pads, shin guards, elbow pads, neck guard & hockey gloves. Wearing the gear is mandatory.
- Players use two sticks to pass, shoot and propel down the ice.
- Sticks are typically 3 feet long with metal picks on the butt end of each stick.



For more information on Turnstone's sports and recreation program, please contact Andrew Achenbach or Kevin Hughes at 260-483-2100.



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