



**Esso**

# ESSO FUN DAYS

FIND OUT WHAT FEMALE HOCKEY IS ALL ABOUT!

**It's FREE! Register now at:**  
[www.hockeycanada.ca](http://www.hockeycanada.ca)

The ESSO FUN DAY is comprised of on ice and off ice sessions, designed for first time female participants of all ages and has the following objectives:

- 1) To introduce the basic skills in a positive, FUN, non-threatening environment
- 2) To provide information on female hockey and the local association
- 3) To meet friends
- 4) To teach the concepts of fair play, fitness, safety, team work and the importance of a positive attitude
- 5) To provide a memorable experience for all who attend.

