



## **NMHA COED RECREATIONAL SPRING STICKS 2025**

### **Program Details:**

Nanaimo Minor Hockey Association (NMHA) is offering the COED Recreational Spring Hockey Program to Nanaimo MHA players in the birth years of 2007-2017. This program is focused on fun, and sportsmanship in a non-competitive inter-squad league, with no body contact —just games, friends, and good times on the ice!

The Spring Sticks teams' rosters will be insured by BC Hockey (BCH) which means the rules and regulations of BCH and NMHA will apply. NMHA is hoping to have 5 divisions with 4 teams in each division (15 skaters, and 1 goalie). We must have a minimum of 4 goalies in each division for gameplay, however, if there are more than 4 goalies registered please email and we will place the extra goalies on a “backup goalie” list.

The Spring Sticks teams do not require managers or any fundraising, however, parents will **STILL** be required to operate the clock during the games. If you are interested in being the on-bench coach or team safety person and are fully certified during the 2024/2025 regular season, please email [administrator@hockeynanaimo.com](mailto:administrator@hockeynanaimo.com) with the subject Spring Sticks 2025, please include in the body of the email:

- Your name
- Your players name and year of birth
- Position you would like on the team.

The Spring Sticks Program is meant for players of all skill levels to develop and have fun by playing the game in a non-competitive environment, therefore, any players found to be playing rough or outside of the rules will automatically be withdrawn and no refunds will be given.