



**COOK ICE ARENA STICK & PUCK**

**11091 Mississippi Blvd.  
Coon Rapids, MN 55433  
763-421-5035**

**On the web: [www.cookicearena.com](http://www.cookicearena.com)**

**Rules and Regulations**

**Player Fee: \$5.00 per session per player ; ages 5 or under skate free with a paid admission!**

1. This is an opportunity to work on individual skating, stick handling and shooting skills.
2. This is not a scrimmage time or a drop in hockey game.
3. **Helmets are mandatory; full equipment (USA Hockey standards) is required for participants 17 and under.**
4. Private instruction area is East of the easternmost most blue line or as determined by CIA staff.
5. Share the ice and control your shots; you are responsible for the pucks you shoot.
6. Players must not stand in front of the nets.
7. Goaltenders must wear full goalie equipment.
8. No T-shirts or shorts allowed; legs and arms must be covered.
9. Participants supply pucks; no 10 ounce pucks.

**NOTE: Stick & Puck sessions may be cancelled if an opportunity arises for a full ice rental.  
CIA will not cancel any Stick & Puck sessions less than 24 hours before the session.  
Call 763-421-5035 for questions on session times.**

**March 8th-March 14th**

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
	8th		9th		10th		11th		12th		13th		14th
NONE		3:50p-4:50p		NONE		3:50p-4:50p		NONE		NONE		3:40p-4:40p 4:50p-5:50p	