



Welcome to the Mercer Bulldogs! We're so happy that you have joined our team. We want all of our players to have a good time while learning to play the game of hockey.

**What Mercer Bulldogs athletes need to know:**

Please become familiar with your equipment and try to put on whatever pieces you can. Please take care of your equipment to the best of your ability.

Please do your best to listen and follow the coach's instructions.

Please bring a water bottle to keep on the bench. If you are tired you may rest on the bench.

Safety always comes first. This is a non-checking (no hitting) league. Any intentional hitting or slamming of sticks will result in an unsportsmanlike penalty and a time out in the penalty box.

Don't be afraid to ask questions if you do not understand an instruction.

Have Fun!