

Go Sport



Inline Skating, Inline Hockey and FUN!!!!!!

Go Sport was created in 2008 and is committed to offering quality inline skating and hockey programs to children of various ages, abilities and backgrounds. We strive to facilitate the development of social skills whilst learning in a fun, active and positive environment.



ABOUT THE DIRECTOR AND COACH

Donna Maniago

I am a qualified PE teacher with a Bachelor of Human Kinetics and a Bachelor of Education degree from the University of British

Columbia. I have over 12 years experience of teaching PE and extra-curricular sports in Hong Kong. My real passion is inline hockey and I have been teaching inline skating and hockey for nearly 10 years. I have extensive coaching experience in the Hong Kong Youth Inline Hockey League (HKYIHL) and I have been the head coach for Hong Kong representative teams in International tournaments.

ABOUT THE CLASSES

Classes are catered to the developmental needs of every child. We teach in a non-threatening environment where skills are taught through a balance of skills progression and fun games. In every class an emphasis is placed on respect, cooperation, teamwork and having fun!

Inline Skating This class is designed for children with little or no skating experience. We cover safety, balancing, heels stops,

swizzles, backward skating and basic turns. More advanced turns, stops and skating techniques are introduced based on individual needs. **TUE/FRI - 2:45 - 4:00**

Inline Hockey...hockey on wheels! This class is for experienced skaters who want to try one of the fastest growing sports in Hong Kong. Classes focus on refining skating skills and developing stick handling, passing and shooting techniques. Every lesson we end with a short match to help emphasize teamwork and team play. **TUES: 4:00 - 5:00**



EQUIPMENT

All students **MUST** have the appropriate equipment in order to participate. Skaters need skates, helmet, wrist guards, knee and elbow pads. Hockey players need skates, stick, helmet with cage, elbow pads, hockey gloves and hockey shin guards.

ALL EQUIPMENT IS AVAILABLE FOR RENT.

SKATING (skates and protection): \$300/term
HOCKEY (helmet, gloves and shin): \$300/term
* sticks on sale for \$150
SKATES ONLY: \$150/term