



SUBJECT: ParticipACTION 150 Playlist – A celebration of hockey

In celebration of Canada's 150th birthday, ParticipACTION created the ParticipACTION 150 Play List – the ultimate list of activities that define us as Canadian! The top 150 activities –across sport, recreation and the activities of daily life –have been selected by Canadians and highlighted throughout this initiative across the country to show how physical activity is part of what it means to be Canadian. More information can be found at <https://www.participaction.com/en-ca/programs/participaction-150-play-list>

Saturday, January 28, 2017 has been set aside to celebrate #99 on the ParticipACTION 150 Play List - the sport of hockey. In collaboration with ParticipACTION, Hockey Canada invites all Canadians to celebrate hockey in all its forms and post their photos on social media; whether you enjoy pond hockey, sledge hockey, street hockey, mini-stick hockey, floorball – show Canada through social media by using the following hashtags: **#150PlayList** and **#HockeyCanada**

In addition, during the **week of January 23-29**, Hockey Canada invites coaches and managers of Minor Hockey Teams across the country to participate in a voluntary "Bring a Friend to the Rink" campaign for kids of Atom ages or younger. Teams with flexibility to run this initiative are supported by Hockey Canada, with the following minimum equipment mandatory: helmet and full-face mask, neck guard, gloves and skates.

Minor Hockey Teams interested in hosting a "Bring a Friend to the Rink" event can obtain the necessary information, including a fun Hockey Canada / ParticipACTION 150 on-ice practice plan, at <http://www.hockeycanada.ca/participaction150>

Let's all be active and participate in Canada's national winter sport!

If you have any questions, please let us know at tryhockey@hockeycanada.ca