

Dear Coach,

I would like you to consider participating in a skill based educational program for hockey coaches to help generate awareness and prevention of head and neck injuries in ice hockey, specifically paralyzing spinal cord injuries and concussions.

This is a program called PLAY IT COOL out of Lakehead University in Ontario, Canada. The program is sponsored by both the American Spinal Research Organization and the Canadian Spinal Research Organization. The researchers wish to introduce the program to coaches in Massachusetts and Minnesota. I am working with this group.

The program will require approximately sixty minutes of your time on the computer each week for an eight week period. It is an interactive program.

The topics include:

- Ethics and sportsmanship in hockey
- Skating skills
- Principles of play
- Safety of rink and playing location
- Teaching techniques and building an optimum environment
- Teaching checking as a skill
- Controlling risk as a coach

Please let me know if you are available and interested.

You may reach me at 617-653-8152 or 617-277-0221.

You can also email me at Alan_Ashare_MD@cchcs.org

We hope to start this program on or after September 15th.

Many thanks

Dr. Alan Ashare

Chair, USA Hockey Safety and Protective Equipment
Committee

Chair, Massachusetts Hockey Safety Committee