



Hockey Soothes the Soul

Enjoy the Game!

Goal: Keep a positive and supportive mindset as you enjoy a favorite Canadian pastime.

[Tip]: Pack enough snacks, activities, and warm clothing for the family!

Why is this important? Investing time together as a family and community has satisfying benefits.

References: Murata, A., & Côté, J. (2023). Considering the cost(s) of the game: Consumer behavior and parents in youth ice hockey. *Journal of Applied Sport Psychology*, 35(5), 775– 792. <https://doi-org.uwinnipeg.idm.oclc.org/10.1080/10413200.2022.2098878>