



HOST YOUR OWN SHOULDER CHECK GAME

Shoulder Check is making kindness a contact sport, and highlighting how easy it is to be there for each other, because you never know when someone might need a hand. So make the commitment to reach out, check in and make contact!

Hosting your own **Shoulder Check Game** is as simple as showing your support for one-another. Whether you're in the locker room, on the ice, or in the stands, the **Shoulder Check Game** exists to bring everyone together to make the commitment. Here's how...

01 MAKE THE COMMITMENT

This is the moment that matters most - get the attention of the crowd and gather both teams around center ice before the puck drops. **Have the crowd, players, coaches, even the refs** place a hand on each other's shoulders and assign an individual to lead the chant. Say it LOUD - "I promise" "To Reach Out" Check In" "And Make Contact!" Then shout it again! Congratulations - you're now committed to the cause! A full script can be found on our website for reference or on the reverse of this flyer, under the "Take Action" Tab.

02 ENCOURAGE ATTENDEES TO SHARE THE COMMITMENT

After you make the Commitment, remind your team, coaches, and the crowd to share their commitments and event photos on social! Make sure to tag **@TheShoulderCheck** and use **#ShoulderCheck** in all posts so we can feature your event on our page!

BONUS: Take it a step further and rep Shoulder Check branding at your game

01 BLUE IS FOR KINDNESS

Just like everyone reps pink in October, Blue is how you show your commitment to the Shoulder Check. Tape for sticks. Laces for skates. Patches for jerseys and even t-shirts from our website - wear it with pride at your game!

02 DISPLAY IT AT THE RINK

Head to our website and download our rinkside and locker room posters to show everyone your rink is a place where everyone is there for one another! shouldercheck.org/takeaction

03 REP THE CAUSE

If you are ready to take it a step further, consider printing out the Game Instructions flier from shouldercheck.org and hand them out at your rink. Or reach out to us directly to learn how we can support you in bringing the message to your club!

GET INVOLVED TODAY!

@THESHOULDERCHECK | SHOULDERCHECK.ORG



LEARN MORE

SHOULDER CHECK GAME SCRIPT



First, decide who your MC is. Is it a team captain? A team-selected player who best personifies the Shoulder Check values? Or a parent or coach who is leading the team and introducing the Shoulder Check to everyone?

Take a minute in the locker room before the game to explain what Shoulder Check is all about:

OK everyone, today is a special day for us, we're going to make the Shoulder Check commitment - has anyone heard of it? It's a simple idea that reminds us all to be kind to one another and look out for one another, because you never know how someone is really doing until you ask them, and that's really important, just letting people know you are there for them and knowing they are there for you.

So first, here in this locker room, we're going to make the commitment together to look after one another, here at the rink and outside of it. Today, all season long and into the future. Being a part of a team means taking care of each other. So, stand up, put your hand on the shoulder of the person next to you and repeat after me:

I promise...To Reach Out...Check in...And Make Contact!

One more time - I Promise...To Reach Out...Check In...And Make Contact!

Now we're going to do it again with the other team right before puck drops along with everyone else in the building."

Before the game starts, at center ice, circle up both teams - mix them amongst one another. Ask them to put their hands on each other's shoulders, ask everyone watching to do the same, then lead the call and response again!

Finally, congratulate everyone letting them know they are all now members of the Shoulder Check!

Wear your jersey patches with pride, display the blue wherever you can and help us spread the word. Thank you!