

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!