

SLED HOCKEY



Virtua Wings of Steel, Voorhees, NJ

Sled hockey is an adaptive sport that allows people with physical disabilities to skate and play hockey. [Virtua Wings of Steel](#) is part of the Atlantic Sled Hockey League (ASHL), which is made up of six teams.

Contact information

Tom Brake

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Vineland Sled Stars, Sewell, NJ

Provides an opportunity for players who would never have the chance to play ice hockey due to a physical disability. Players have a variety of physical challenges, including cerebral palsy, amputations, spinal cord injuries and various muscle diseases. [Learn more about Vineland Sled Stars.](#)

Contact information

Lisa Oates

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Woodbridge Warriors, Woodbridge, NJ

The [Woodbridge Warriors Sled Hockey Team](#) provides the opportunity to play hockey to those with physical disabilities. Our program creates friendships and socialization skills for our players and a support system for our families.

Contact information

Bruce Kessler

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Atlantic Hammerheads, NE Philadelphia, PA

Contact information

Bill Mahoney

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Delaware Sled Snipers, Newark, DE

The Snipers invite anyone with a physical disability to come to a practice and learn. The team consists of youth from 6 years of age to 20+. Typically, the league goes up to the age of 18, but depending on disability and players' ability, teams are able to receive waivers for older players. Visit the [schedule page](#) for practice and game times.

Contact information

Tammy DeStafney

302-477-9885

Palmyra Sled Hockey Club, Palmyra, PA

The [Palmyra Black Knights](#) are youth and adults who have a physical disability limiting their ability to skate in a standing position. Most players (but not all) can propel their manual wheelchair and sit upright with or without back support.

Contact information

Sal Montagna

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Bennett Blazers, Baltimore, MD

Contact information

Gerry Herman

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DC Sled Sharks, Arlington, VA

NRH in association with USA Disabled Hockey offers developmental and competitive opportunities for children interested in the exciting sport of sled hockey. The team participates in the Delaware Valley Sled Hockey League. [Learn more about DC Sled Sharks.](#)

Contact information

Joan Joyce

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WSF New York Sled Rangers, New York, NY

[Offers a sled hockey program](#) for youth with physical disabilities ages 5 to 21. The program helps children increase independence, develop self-esteem, and grow their self-confidence through something as simple as playing sports.

Contact information

info@wsfsledrangers.org (link sends e-mail)