

Spring Lake Park Youth Hockey Association



2009-2010 Spring Lake Park Mite Welcome Letter

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Spring Lake Park Youth Hockey Association

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Introduction

The Spring Lake Park Hockey Association Board would like to take this opportunity to welcome all new and returning Mites/U8's to the 2009-2010 hockey season! The purpose of this letter is to get key information out to the parents and players.

We think it is very important to understand the thoughts and beliefs of the Board by presenting the mission statement for the Mites/U8 program:

Spring Lake Park Hockey believes that the program should not only teach the youth to be Hockey Players. It should also teach them how to be part of a team, work hard, have respect for others, and have fun. These are the characteristics we believe are the building blocks for their futures.

Frequently Asked Questions

When do we start?

The plan is to start practice the Weekend of October 24th. The first 4 weekends of ice will consist of “skills” totaling 8 practices. Each skater will start at the same level they played last year. This is a way in which to group the players so that coaches can assess their skill levels.

Specific dates and times will be posted on the website the week prior to the start of practice. To view this information go to www.slpvha.org and click on the mites button.

What levels will we have?

Before we can make that determination the coaches will assess the skill level of the returning players and discuss placement of the A, B, C, & D mite teams according to ability and age.

Below is the general breakdown of what the focus is for each level:

- A mite teams: This program teaches the most basic skills of hockey and is intended for the children that want to give hockey a try.
- B mite teams: Focus will be on continuing with skating, stopping, stick handling, shooting, and adding team concepts, positioning, & passing.
- C mite team: Focus will be on continuing with positioning, passing, and adding more team concepts. Competition enters the game.
- D mite team: Focus will be on improving our ability & competition in our game.
- U8 girl's teams: Focus will be on continuing with skating, stopping, stick handling, shooting, and adding team concepts, positioning, & passing.

Note: recommended 1 year of initiation before playing U8 girls

How will skills be assessed?

District 10 endorses the Hockey Education Program (HEP) for Parent & Coaching Education, Fair Play, and Skill Development. Based on District 10 rules the Association will place players according to ability using the HEP skills testing program as outlined in the USA Hockey Level 1 Skill Development Manual.

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Not all skaters will progress to the next level. Some may play at the level they played last year. USA Hockey guidelines are being used to evaluate ability and skill.

Detailed Information on the HEP program can be found at
<http://www.minnesotahockey.org/page/show/80595-hep>

What equipment will be needed prior to starting?

Below the list of equipment required for the first day of practice. If you are not sure what to get or need assistance please feel free to email one of the Mite Directors.

- Helmet
- Facemask
- Mouth Guard
- Neck Guard
- Shoulder Pads
- Elbow Pads
- Gloves
- Hockey Pants/Breezers
- Jock/Jill Strap
- Shin Guards
- Skates
- Practice Jersey(Game Jerseys will be provided once teams are selected)
- Hockey Socks

Prior to the first practice add your skater's first name on the front of his/hers helmet using white hockey tape with black marker. Please be ready 10-15 minutes prior to your ice time.

If it's your first practice and your not sure how all the equipment goes on please don't hesitate to ask someone to help out. We have all been there before.

*****Note*****

SLPYHA requires that all Mite/U8 level skaters wear a Mouth Guard and Neck Guards when on the ice (practice and games).

When do Games Start?

Games for Mites/U8's do not begin until December. This is based on the following District 10 rules

- Limit games to a maximum of 15 per season for **"A" or "B"** Mite teams with no games played before Dec. 14th.
- Limit games to a maximum of 21 per season for **"C" or "D"** Mites and Girls 8U teams with no games played before Dec. 5th.

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District 10 also mandates no scores be kept. The clock will be used only for timekeeping.

How much time does hockey take?

Skaters starting in the A Mite program will be on the ice 1 to 2 times a week for an hour each time and will have approximately 8 to 10 games during the season. As the child moves through the different levels they may practice 2-3 hours a week and have 1-3 games a week. When and where practices/games will be held is based upon ice availability. SLYPHA participants will practice at Fogerty and Schwan's Super Rink. All game and practice schedules will be posted on their respective team website. Parents are encouraged to stay and watch their kids.

What and when is the Mite Jamboree

Spring Lake Park Youth Hockey hosts the annual Mite Jamboree for District 10. The Jamboree is a Mite level, low-key, full and equal participation event in a non-competitive environment.

Last years Jamboree was a rousing success with over 100 teams from over 10 associations participating. We welcome A, B, C, D and U8 teams. All games will be held between March 6th, 2010 and March 14th, 2010 at Fogerty Arena in Blaine.

The last day of the Jamboree also marks the end of the hockey season for the Mite level skaters.

How does Volunteering work?

Each family (Mite and Traveling) will complete 11 hours per skater, max of 22 hours per family. Families will be able to select their volunteer tasks online. You will know immediately which shift you selected. Look for more detailed information on the website.

Skills Progression

At the 8-and-Under (Mite) level, players should focus on the skill progressions listed below:

Note: The skills listed below will be taught as the player progresses through the different levels of play.

Individual Hockey Skills

Players will learn and master:

- Skating
 - edge control
 - ready position
 - forward start
 - forward stride

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- control stop (two-foot snowplow, one-foot snowplow)
- backward skating
- backward stop
- control turn
- forward crossover
- Puck Control
 - lateral dribble
 - forward-to-backward dribble
 - diagonal dribble
 - attacking the triangle
 - forehand shift
 - accelerating with the puck
- Passing and Receiving
 - forehand
 - backhand
 - receiving (stick)
 - eye contact
- Shooting
 - wrist
 - backhand

Knowledge

Players should know:

- Rules
 - off-sides
 - icing
- Common Infractions
 - unsportsmanlike conduct
 - body checking
 - cross checking
 - checking from behind
 - holding
 - high sticking
 - tripping
- Penalties
 - minor
 - major

Team Play

Players must understand and learn:

- Offense
 - positional offense
 - offense in the offensive zone

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- offense in the defensive zone
- Defense
 - territorial defense
 - one-man forechecking
 - basic defensive zone coverage

Character Development and Life Skills

Players must learn:

- they are part of a team
- To have respect for their teammates, coaches. opponents,
- officials and parents
- team rules
- self control and discipline
- to always try their best
- respect for authority
- the importance of a strong work ethic
- commitment to a team

Conclusion

The members of the Spring Lake Park Hockey Association would like to wish everyone a Safe and Fun Season.

If you have any questions or concerns please feel free to contact Ian Singer or Jennifer Mulligan at slyha_mites@yahoo.com.

Thank you,

Stacy Klepsa
VP, SLPYHA