

November 29, 2010

Dear Mites Parents,

Thanks for a great first few weeks of practice. We have some important updates and deadlines to communicate this week. Going forward, we will post all updates, schedules and announcements on the Palouse Hockey website at www.palousehockey.com. You will continue to receive weekly updates from the team managers, Leslie Robison or Sean Greene via email as well.

Team Managers

We would like to introduce our team managers, Leslie Robison and Sean Greene. Leslie and Sean will be coordinating team communication and other operations for the team. They will be sending out weekly emails and updating the Mites page of the Palouse Hockey website to keep us all in the loop. If you have questions, please contact them at:

Leslie: robisoncrew@gmail.com or 509-432-3783

Sean: frostysakic@yahoo.com or 509-432-1720

Required Equipment for all Players

Please ensure that your kids are wearing all required gear at each practice and game. This includes a mouthguard, neckguard and properly fitting helmet.

Mouthguards: Dr. Wayne Peterson is offering free custom mouth guards again this year to all Palouse Youth Hockey players. Please contact his office and schedule an appointment in advance by calling (208) 882-9310. Mouth guards can also be purchased online or locally at sports equipment stores.

Neck guards: new players will receive a neck guard from PYHA soon. Returning players received a neck guard last season and must wear their neck guards at every practice.

Helmets: please ensure that your child has a helmet with an HECC approved sticker on it. Helmets must be snug enough so that they do not move around when your child shakes her or his head and the chin and cage straps must be securely fashioned with the straps taut.

Socks: PYHA will provide socks to new players – they should be arriving soon.

A note about sticks. Exactly how long a hockey stick should be is, in part, personal preference. As a general rule of thumb though, the stick should be cut at about the chin-level of a player when on his/her skates (tiptoes in socks) A stick at forehead level is too long for your child to use properly, to easily get in FRONT of them and on the weak side of their body.

Updated Practice Schedule

Due to the size of our team, we have been allocated another hour of ice on Wednesdays. The first Wednesday practice will begin on December 1 (this week!). While the third day of practice is not required, it is strongly encouraged, especially for the older Mites who will travel. Ice time is expensive and hard to get, so we want to be sure that this additional hour is maximized.

Tuesday: 5:00 – 6:00 PM on ice

Wednesday: 5:00 – 6:00 PM on ice (strongly encouraged)

Thursday: 6:00 – 7:00 PM dryland (helmets and gloves required, shin guards recommended) – no Thursday practice December 2, visit web for dryland schedule

Saturday: variable... check out the schedule on the website

Upcoming Games and Tournaments

Saturday, December 4: Moscow

8:00 AM – 9:00 AM ADM style games vs. Lewiston in Moscow

10:30 – 11:30 AM ADM style games vs. Lewiston in Moscow

Lewiston will be coming to play a friendly match on Saturday. We will split the ice into 1/3 for the younger Mites and 2/3 for the older Mites at both sessions. Jerseys will be provided for the older Mites. Younger Mites can wear any jersey, as we will provide pinnies if needed.

December 11 & 12: Lewiston

Currently, there are 10 players confirmed to play in *Lewiston* (*Colden Johnson, Josh Green, Brayden Trivelpiece, Tucker Trivelpiece, Ben Ramalingam, Angus Rate, Nick Robison, Kiera Butterfield, Mac Hagenbaugh, Penny Hunsinger*). We are still looking for about 5 more players – if any older returning Mites (*Hannah Dyre, Zach Dyre, Ellie Goumulkiewicz, Jens Michelsen, Gabe Pearl, Brayden Pickard, Rylan Pickard, Jackson Prestwich, Eligh Schroeder, Shawn Schnieder, Evan Wolfe*) are interested in playing (or we missed your request for your Mite to play), please contact Leslie or Sean ASAP.

Game schedule will be out by practice on Tuesday, December 7th and will be posted on the Palouse Hockey website. We do not know yet how much the tournament fees per player will be but estimate around \$45-\$65, depending how many kids go.

Future Tournaments

We will know very soon what our tournament opportunities will be for the rest of the season and will communicate that via the website. Thanks to Jason Huntsinger for working on the tournament schedule for all the teams.

Background Check for Anyone in Locker Room

It is required by the Idaho Amateur Hockey Association (IAHA) that anyone who will be in the locker room complete a background screening process. This takes only a few minutes and doesn't cost you anything. To complete the background check, please visit the **Idaho Amateur Hockey Association website** and click on the **Risk Manager** tab. Instructions to complete the process are listed on the page. Screening applications must be completed before parents enter locker room and will be free until December 31.

Please note that most facilities do not have enough locker rooms to accommodate girls and boys separately so plan accordingly.

Practice Jerseys

We are able to order practice jerseys for those that would like them. Jerseys will cost approximately \$35. We will send out an email with a link to follow and order your jersey if you are interested.