

Dear Mites Hockey Parents,

Thanks for registering your daughter or son for youth hockey. We are looking forward to a great season of learning, playing and having fun. In this letter you will find an overview of the Mites program, practice and proposed tournament schedule, player information sheet, gear list and expectations for players and parents.

Please return the player information sheet as soon as possible. We will use the information to develop the schedule and develop goals for the team for the season.

We will have a Parent's Meeting on Tuesday, November 9 from 5:20 – 6:00PM at the Ice Rink. Please attend the Parent's Meeting, as we will introduce the coaches, provide a season overview and answer questions.

Practice Schedule

Tuesdays	5:00 – 6:00 PM	Palouse Ice Rink
Saturdays	10:30 – 11:30 AM	Palouse Ice Rink

Optional: Dry Land Training

Thursdays (tentative)	6:00 – 7:00 PM??	To Be Determined
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Players are expected to attend all on ice practices. We typically have ice time during Thanksgiving and Winter Breaks, but will let parents know of any schedule changes. Ice time is limited so please have your child ready to go onto the ice *on time*. It can take up to 20 minutes to get a child dressed for hockey, so please allow plenty of time.

If there is interest, we would like to offer dry land training for players. Since most of Mites ice time should be devoted to improving skating skills, dry land training will provide the opportunity to improve conditioning, passing and shooting, as well as to learn positioning and game rules.

Moscow Bears Mites Hockey Program

This year we will be following American Development Model guidelines developed by USA Hockey for player development. The American Development Model is a new approach to learning hockey in the United States, but has been used for many years in other countries with strong hockey programs. The American Development Model (ADM) provides age-appropriate guidelines and curriculum to help more kids play, love and excel in hockey. Key components of the ADM model include small ice games, multiple stations at each practice, learning skills based on age and making practice fun. You can find more information about the ADM model at usahockey.com.

ADM in practice: the ice surface will almost always be divided into 3-6 sections with small groups of players spending 5-10 minutes at a station working on age and experience appropriate skills. This year we have at least nine coaches who will work regularly with players, allowing for more personal attention at each practice. Our goal as coaches is to keep the players engaged and moving, allowing for more effective use of practice time, faster learning of key skills, and less time for kids to stand around.

At the first few practices, we will be conducting player assessment. This will allow us to group players according to experience and skill for practices and games, and assess individual progress throughout the season. We will plan activities in practices to meet the needs of each group of players so that all the kids will improve skills, have fun and feel successful at practice.

ADM in games: the ADM model stresses the value of small area games, especially for Mites-aged players. In full ice games, players have very little "touch time" of the puck. In Mites, this "touch time" is even less, due to vast differences in speed and skating ability. Meaning a few experienced players tend to dominate puck possession in a full ice game. In order to maximize learning and fun in competition this year, we would like to play mostly half or third ice games. This will not only allow kids more playing time, but also help them learn to play "in traffic", where they need to maneuver around other players on the ice.

Travel Schedule

We are currently working on developing a proposed travel schedule for the season. Once we have the Player Information Forms back from parents, we will finalize the schedule and distribute to parents. Our intention is to ensure that we get the most learning and fun from travel (most value for your money) so we will be focusing our efforts on other programs using the ADM model.

Parent Expectations

As parents of hockey players, you are part of the team. As a Palouse Bears team member, we expect that as a parent you will:

- Get kids to practice *on time*
- Discuss player expectations with your child
- Support an emphasis on skill development
- Let the coach know if your child will be absent for any extended period.
- Reinforce the positive – rather than focusing on what your child did wrong, recognize their improvements and good plays.
- Model and encourage good sportsmanship at all times – support the officials and applaud good plays by all players on both teams.
- Help teach players the rules – you can find hockey rules at usahockey.com.
- Communicate with the coaches – let us know if you have questions, suggestions, updates or your player needs anything.
- Volunteer – Palouse Youth Hockey needs people to be involved to keep the organization strong!

Player Expectations

Please discuss the player expectations with your daughter or son. Hockey is most rewarding for the whole team if all players will commit to the following:

- Play for fun!
- Respect your teammates, coaches, officials, parents, arena staff and other players.
- Listen to the coaches.
- Learn the rules and play by them.
- No horseplay on the ice or in the locker room.

Coaches Expectations

As parents, you can expect the following practices from us as coaches:

- We will be on time and prepared for every practice.
- We will be committed to helping every player improve their skills and learn to love hockey.
- We will plan according to USA Hockey ADM principles to provide the best instruction for Mites aged players.
- We will strive to make every practice and game fun.
- We will prioritize safety.
- We will address conduct issues and involve the parents where necessary.
- We will model good sportsmanship and provide a positive atmosphere.
- We will listen and respond to your comments and suggestions if presented in a respectful manner.

Throughout the season, we will provide updates and information via email. Please provide us with your current contact information via the Player Information Sheet so that we can communicate when necessary. We will email soon with an updated schedule for Dry Land Training, travel plans and upcoming events. We look forward to a great season with the Moscow Bears!

Mites Coaching Team:

Erik Johnson, Head Coach
Jim Clark, Assistant Coach
Joanne Greene, Assistant Coach
Mary O'Brien, Assistant Coach
Barrie Robison, Assistant Coach
Brant Schroeder, Assistant Coach
Jessica Ting, Assistant Coach
Robert Ting, Assistant Coach
Marc Trivelpiece, Assistant Coach

Gear List for Mites Hockey

When purchasing and fitting hockey equipment, remember two important factors:

- 1) The player must be adequately protected - equipment must fit properly to provide the maximum protection.
- 2) Fitting allows freedom of movement so the player can properly perform the necessary skills.

Skates – Purchase skates that will fit your child today with no more than ½" allowed for growth. Skates normally fit 1 to 1-1/2 sizes smaller than street shoes. While wearing the sock that will be worn when skating, press the ends of the toes against the front of the skate. In this position, you should be able to place one finger between the inside of the boot and the heel of the foot (no more than ½"). Seek adequate protection in the ankle, toe and instep areas, improperly fitted skates will hamper your child's ability to skate. It's important to maintain your skates and keep them sharp for the best performance and control and reduce knee and ankle injuries.



Helmet – Must be of a design and construction approved by the Hockey Equipment Certification Council (HECC). Must be sized at the time of purchase to fit properly. The helmet should be adjusted to fit snug to prevent any shifting and maximize protection. (New style helmets will have flaps on the side to adjust the helmet. Older style helmets will need a screw driver and loosen the helmet. Open the helmet to its largest setting, place the helmet on your child's head so that the rim is one finger width above the eyebrow. Gradually begin to downsize the helmet until a comfortably snug fit is achieved. Make sure the chinstrap is adjusted so it gently makes contact under the chin when fastened.



Facemask – Must be of a design and construction approved by the Hockey Equipment Certification Council (HECC).

Mouthpiece – Required for players in the 12 & Under (youth) and 8 & Under (girls) through Junior age classification. The most effective mouth guards fit well and are comfortable, but they also stay in place, are durable, easy to clean and don't restrict speaking and breathing.



Stick – Length should generally extend from the ice to the players chin (with skates on). Quality and price differ greatly, so the choice is yours. Sticks are made for left- or right-handed players, depending on the curve of the blade, but youth skaters often use a straight blade stick.



Shin Pads – Check for proper lengths so they protect the knee and shin completely. The kneecap should fit directly into the center of the kneecap cup (or donut area) of the shin pad. The shin pad should then extend down the full length of the lower leg (to the top of the ankle bone). Make sure the shin pad isn't too long so that the skate does not push it up out of position.



Gloves – Hockey gloves should provide full protection for the hands and wrists within compromising a player's grip on the hockey stick. The glove's palm and cuff need to be flexible but protective. The main concern with the fit of a glove is making sure the gap between the glove and the elbow pad is minimal. The tightness or looseness of a glove is an individual preference. The tip of the fingers should not go completely to the end of the glove.



Shoulder Pads –A fiber cap is extremely important in preventing shoulder separations and should extend to the tip of the shoulder. Adjust to fit the individual at the time of purchase. The center of the player's shoulder needs to line up directly with the center of the shoulder caps. Good shoulder pads will provide protection for the collar bone, chest, ribs, back and upper arms.



Supporter and Cup – Essential protective equipment. Purchase according to waist size. Available for girls and boys.



Elbow Pads – Hard, plastic hockey elbow pads protect the elbow joint from impacts, falls and unnatural twisting movements. Must be properly fitted so they do not slide. The elbow should fit comfortably into the center of the elbow pad cup. Should provide forearm protection which extends down to near the cuff of the player's hockey glove.



Pants/Breezers –Pants provide protection for the lower spine, hips and thighs. Most hockey pants today are manufactured with pads built inside to cover and protect the hips, thighs, kidneys, and tailbone. Properly fitted pants can prevent your pads from sliding out of place and exposing an area to injury. While the fit should be loose and comfortable the pants should have the ability to be secured firmly by a belt around the waist. Approximately 90% of all players will be able to use their waist size as their guide for choosing the correct size pant. The bottom of the pants need to overlap the top of the shin pad kneecaps by 1 or 2 inches. Pants can be held in proper position by suspenders.



Neck Guard: fits comfortably, covers entire neck.

Sources:

www.usahockey.com

USA Hockey Level 1 Instructor's Manual

www.sportsmedicine.about.com

www.greatskate.com

Palouse Bears Hockey
Mites Player Information Form & Parent Survey
2010-2011 Season

Player 1 Information

Name: _____ Age: _____ Years hockey experience: _____

Player goals for season: _____

Player Information 2 (if applicable)

Name: _____ Age: _____ Years hockey experience: _____

Player goals for season: _____

Parent Information

Name: _____

Name: _____

Phone: _____

Phone: _____

Email: _____

Email: _____

Parent goals for player(s) for 2010-2011 season:

Are you interested in travelling on Saturdays to Spokane, Lewiston, Coeur d'Alene to play half and full ice matches?

Yes No No preference

If yes, how often during the season would you like to travel?

Once 1-3 times more than 3 times No preference

Please complete back side

Are you interested in travelling to locations further away on the weekends such as McCall and Tri-Cities to play multiple matches as half and full ice games?

Yes No No preference

If yes, how often during the season would you like to attend weekend travel?

Once Twice 3 times No preference

Are you interested in assisting with hosting a Moscow Mites tournament in February 2011?

Yes No

Please provide any suggestions, requests or feedback:

Thanks!