

LAKES REGION YOUTH HOCKEY ASSOCIATION
TRAVEL TEAMS PROGRAM GUIDE
Mite, Squirt, Pee Wee, Bantam, Midget
2007-2008

PROGRAM DESCRIPTION:

This program is designed for intermediate and advanced-level skaters whose primary winter sport is hockey and who desire to participate in an intensive training program with competitive games. Players aged 6-18 are eligible. Players are placed according to their age and ability. Practice is twice a week throughout the season. All teams play in the Seacoast league which entails an approximate 20 game schedule. The top level Squirt, Pee Wee and Bantam teams will also play in the Granite State League (requiring an additional fee) and will play an additional 10-12 games.

REGISTRATION:

Limit: Each team is targeted for 16 players

Forms: Online Registration at usahockey.com plus LRYHA Travel registration packet

Cost: \$740 (if register before August 1st) plus a mandatory \$200 fundraiser (Players may opt out of the fundraiser for the season by paying an additional \$150 at the time of registration). After August 1st, registration increases to \$765. After September 1st, registration increases to \$840. Please register early!

TIME:

- Clinics and placement begin in September at LIA
- Practices to be held twice a week throughout the season (October-March) at LIA
- One or two games per weekend with approximately ½ played at LIA and ½ away.
- Tournaments at the end of the season in March (played on away ice)

EQUIPMENT:

- ✓ Skates with nylon laces
- ✓ Helmet – HECC approved helmet and face mask with side and chin straps
- ✓ Shin pads with Velcro shin pad fasteners
- ✓ Hockey pants
- ✓ Protective supporter
- ✓ Shoulder pads
- ✓ Elbow pads
- ✓ Hockey gloves
- ✓ Hockey stick and tape

OPERATING GUIDELINES:

- ✓ Non-check league.
- ✓ 20 – 25 minute period running time warm up and skill development.
- ✓ Game – three 12-15 minute periods, running time.
- ✓ Stop time in the last 2 minutes of a game when score is a tie or within 1 goal.
- ✓ A shoot-out will settle all tie games.
- ✓ All rules of USA Hockey will apply except as noted. Any player involved in a 2nd fight is ineligible until reviewed by the LRYHA Board of Directors.

DEVELOPMENT CRITERIA:

Mites

Skating	Puck Control	Passing & Receiving	Shooting	Checking	Goaltending
Edge control, Ready position, Forward stride, Control stop, Backward skating, Backward stop, Control turn, Forward crossover, Crossover start	Lateral dribble, Forward-to-backward dribble, Attacking the triangle, Forehand shift, Backhand shift, Change of pace	Forehand, Backhand, Receiving (stick)	Wrist shot, Backhand, Flip	Poke check, Lift the stick check, Angling	Basic stance Parallel shuffle, Lateral t-glide, Forward/backward moves, Stick saves, Body saves, Glove saves, Leg saves, Stacking pads, "V" drop, Rebounds

Squirts

Skating	Puck Control	Passing & Receiving	Shooting	Checking	Goaltending
Edge control, Ready position, Forward stride, Control stop, Backward skating, Backward stop, Control turn, Forward crossover, Crossover start, V start	Lateral dribble, Forward-to-backward dribble, Attacking the triangle, Forehand shift, Backhand shift, Change of pace, Puck off boards	Forehand, Backhand, Receiving (stick), Receiving (skate), Receiving (hand), Saucer pass	Wrist shot, Backhand, Flip, Snap	Poke check, Lift the stick check, Angling, Covering	Parallel shuffle, Lateral t-glide, Forward/backward moves, Stick saves, Body saves, Glove saves, Leg saves, Stacking pads, "V" drop, Rebounds, Playing angles, Basic Stance

Pee Wees

Skating	Puck Control	Passing & Receiving	Shooting	Checking	Goaltending
Edge control, Ready position, Forward stride, Control stop, Backward skating, Backward stop, Control turn, Forward crossunder, Crossover start,	Attacking the triangle, Forehand shift, Backhand shift, Change of pace, Puck off boards, Slip through, Slip across	Forehand, Backhand, Receiving (stick), Receiving (skate), Receiving (hand), Saucer pass, Snap, Flip, Change of pace	Wrist shot, Backhand, Flip, Snap, Slap	Poke check, Hook check Lift the stick check, Angling, Covering, Checking	Parallel shuffle, Lateral t-glide, Forward/backward moves, Stick saves, Body saves, Glove saves, Leg saves, Skate saves, Stacking pads, "V" drop, Rebounds, Playing angles, Situations, Handling the puck

Bantams & Midgets

Skating	Puck Control	Passing & Receiving	Shooting	Checking	Goaltending
Edge control, Ready position, Forward stride, Control stop, Backward skating, Backward stop, Forward stop, Control turn, Forward crossunder, Crossover start,	Attacking the triangle, Change of pace, Slip through, Slip across, Fake shot, Spin around, Double shift, Stop and go, Grandstand	Receiving (skate), Receiving (hand), Saucer pass, Snap, Flip, Change of pace	Wrist shot, Backhand, Flip, Snap, Slap, One timing	Covering, Shoulder check Hip check, Angling, Stick check	Skate saves, Stacking pads, "V" drop, Rebounds, Situations, Handling and passing the puck

STAFF:

- ✓ Head Coach & Assistant Coach of record
- ✓ Current on staff Coach Volunteers *
- ✓ Player Volunteers age 12 and up *

*With approval of and to be scheduled through the Head Coach.

LRYHA provides game jerseys and socks. Jerseys are only to be worn during LRYHA games