



Getting into the game is an exciting adventure from finding a rink in your neighborhood to selecting properly fitted equipment and going to the rink for the first time. Here is an easy checklist on how to get started with **Dubuque Stars** hockey.

- ✓ To learn about youth hockey in Dubuque County, check out: [Dubuque Youth Hockey](#) or call us at (563) 585-1423.
- ✓ Check out the brand new (currently being built) [Mystique Community Ice Center](#), There will be opportunities to play hockey as well as our “learn to skate” program.
- ✓ Don’t have the pads and/or equipment... No Worries. Dubuque Youth Hockey Association offers rental/lender equipment sets. If you are looking purchase equipment, we can also point you in the right direction.
- ✓ Last, but not least, have Fun! Hockey is a fun energetic team sport! JOIN THE FUN TODAY!!!

### **Is the sport of hockey safe for my child?**

Yes. Hockey players wear more protective equipment than any other sport. A study has shown that ice hockey injuries ranked after both basketball and soccer in emergency room visits related to sport and recreational activities. Youth hockey is a different game than the NHL. With a different set of rules in place, youth hockey places a stronger emphasis on sportsmanship and friendly competition. Contact is not allowed prior to the Peewee level (age 11 & 12). After Peewees, checking is allowed but NO Fighting.

### **What will it cost for my child to play hockey?**

There are programs and opportunities to participate that do not have to be expensive. The Dubuque Youth Hockey Association has its own fee structure for its players. Please check our website or feel free to give us a call to find out our 2010 – 2011 seasons’ fee structure.

### **What is the commitment level that will be required for my child to play hockey?**

Dubuque Youth Hockey Association has different commitment levels for participation. House programs will be focused on skill development while keeping things fun on a limited commitment basis. Travel programs are more competitive and require more of a time commitment.

### **What age is required for my child to play hockey?**

Dubuque Youth Hockey Association offers a House League program, offering kids from the age of 4 years old up to the high school aged kids an opportunity to join. Our House League programs are setup to work with the varying hockey skill levels, from the inexperienced skaters to the more experienced skaters. DYHA offers “free hockey” to kids ages 4 and 5, who participant in our Little Stars House League program.

**Questions about playing hockey, call us at (563) 585-1423  
See you at the rink!!**