

WOODBURY AREA HOCKEY CLUB

INTRO TO HOCKEY/GIRLS INTRO TO HOCKEY

2011-2012 INFORMATION

Intro to Hockey/Girls Intro to Hockey participants are typically first year skaters. The program focuses entirely on skating and entry level skill development. The players will work on basic skating skills, including ready position, forward skating, stopping, etc., and, most importantly, having fun. Organized games are not played at this level. Your child must be able to skate forward on their own in order to participate in the Intro to Hockey/Girls Intro to Hockey program.

The Intro to Hockey program is open to any boy or girl between the ages of 3-8. There are generally three groups of Intro to Hockey with usually 30+ girls and boys in each group. The Girls Intro to Hockey program is open to girls ONLY between the ages of 3-14. There is generally one group of Girls Intro to Hockey with usually 30+ girls in the group. All skating practices will take place at either Bielenberg Sports Center or Harding Arena.

The Intro to Hockey/Girls Intro season will have two sessions: the Fall session begins in September and the Spring session begins in March. The sessions will consist of twelve-one-hour ice times, two to three times a week. In between sessions, from November to February, your child may sign up for the City of Woodbury Parks and Recreation skating or hockey sessions and may also supplement their skating with "out-door ice".

Participants in the Fall Intro to Hockey/Girls Intro to Hockey session will have the option of registering for the WAHC Mite/Super Mite/Girls program. The Mite/Super Mite/Girls program begins in October. Any boy or girl who is at least 5 years old or in kindergarten may continue on to the Mite program or who is at least 7 years old and in the second grade may continue on Super Mite program. Any girl who is at least 5 years old or in kindergarten may continue on to the Girls program. You may register for the Mite/Super Mite/Girls program at the time you register for the Fall Intro to Hockey/Girls Intro to Hockey program or upon completion of the Fall Intro to Hockey/Girls Intro to Hockey session. For more information about our Mite/Super Mite program please visit the Mite/Super Mite section of the WAHC website. For more information about our Girls program please visit the Girls section of the WAHC website.

All Intro to Hockey/Girls Intro to Hockey skaters will be given a jersey at the first practice, which they can keep. You must provide skates, a stick and mouth guard for your child. You may borrow the other necessary equipment from the WAHC. **The bags of equipment are available with a \$100 deposit that is refunded to you upon your return of the bag at the end of the Intro to Hockey/Girls Intro to Hockey season.** The bags will be handed out prior to the first practice. We will notify you by email when the bags are available for pickup. They can be kept over the Winter and returned in the Spring.

The times and dates for the Intro to Hockey/Girls Intro to Hockey sessions will be listed on the WAHC website: www.woodburyhockey.com. **We will email you the week before the season begins with information regarding your Intro to Hockey group assignment, first scheduled practice date and time and coach's name.**

SKATING SEASON

- Intro to Hockey groups are formed with requests of parents as a top priority (i.e. requesting a friend or relative to be on the same Intro to Hockey group). All requests must be submitted at least **two weeks** prior to the start of the Intro to Hockey program to Jen Bettencourt, WAHC Administrative Assistant at jenbettencourt@woodburyhockey.com. **We will email you the week before the season begins and let you know which group you have been assigned to and when your first practice will take place.**
- Skaters should be at the arena 15 to 30 minutes prior to the scheduled playing time.
- Skating times will be posted on the WAHC website: www.woodburyhockey.com .

INTRO TO HOCKEY/GIRLS INTRO TO HOCKEY EQUIPMENT REQUIREMENTS

All skaters are required to have the following equipment prior to being allowed on the ice:

- Helmet with full facemask (Black)*
- Mouth Guard (Trim so it is comfortable)
- Shoulder Pads *
- Elbow Pads*
- Hockey Gloves*
- Breezers (Hockey padded pants in black)*
- Shin Pads *
- Hockey Socks or Sweatpants (to cover shin pads)
- Skates
- Hockey Stick (See below for proper stick length)
- Pelvic Protector(Shorts with pad in front with Velcro to hold up socks)
- Jersey will be provided
- Bag to carry equipment*
- Skate Guards (optional)

***Bags of Equipment:** Intro to Hockey/Girls Intro to Hockey players may borrow bags of equipment from the WAHC. The bags of equipment are available with a \$100 deposit that is refunded upon the return of the bag at the end of the Intro to Hockey/Girls Intro to Hockey season. The bags contain a helmet, shoulder pads, elbow pads, hockey gloves, breezers and shin

pads. The bags will be handed out prior to the first practice and they can be kept over the Winter and returned in the Spring.

Proper Stick Length- with skates off, the stick should be level with the child's nose. If you decide to purchase a high end composite stick it should still be cut to the correct length. A stick that is too long will prevent your player from learning to bend at the knees and the correct puck handling techniques.

REGISTRATION

Register online at www.woodburyhockey.com. If you have questions, call the Club Administrative Assistant, Jen Bettencourt at 651-330-2531 or email at jenbettencourt@woodburyhockey.com.

WAHC CLUB INFORMATION

Please be sure to visit the Club's website often. It contains news of what is going on in the Club. We use it along with emails to notify the Club membership of important information.