



Do you need to know how to skate to join Lincoln Ice Hockey Association?

No experience is necessary. LIHA coaches teach skating through the Learn to Skate/Learn to Play program. Please reference the "Learn to Skate/Learn to Play" on the LIHA website.

Can my child go directly from beginning hockey skating lessons to playing on a travel team in a league?

We recommend that players take the "Learn to Skate/Learn to Play" class before joining a league. Some players who have a lot of roller hockey experience make a good transition without taking ice hockey classes, but all will benefit from learning to play the game of ice hockey before joining a travel team.

What equipment is required?

The required list of equipment includes: skates, shin guards, cup & supporter, elbow pads, hockey gloves, mouth piece, helmet with mask and stick. New, young players may progress faster without the bulk and weight of hockey pants, hockey socks and shoulder pads. As players grow older and more experienced they will want to add those pieces of equipment. If you would like more information on dressing your child for hockey, please reference "Hockey 101" on the LIHA website.

How much does the equipment cost and where can I purchase it?

It's no secret that hockey is an expensive sport. And to enjoy hockey to its fullest you must have specific equipment that fits properly TODAY, NOT equipment that you will "grow into". Hockey skates will be your biggest and most important investment. Youth skates cost anywhere from \$80-\$160. Your next most important investment is a helmet. Helmets with cages start at about \$55.00-\$100. However more expensive helmets are usually more comfortable and are also adjustable with growth. Padding comes next. Youth sized shoulder pads are approximately \$35.00, kneepads \$25.00, and elbow pads \$20.00, Hockey pants (breezers) \$35-\$60. Under garments are not as expensive as the other items but are just as important when it comes to comfort. Compression shorts with jock built in and Velcro tabs are approximately \$30.00. Hockey socks are about \$13.00. Gloves are about \$25.00, neck guards are \$12.00 and mouth guards are \$2.00 to \$20.00. Ice hockey sticks start at about \$20.00 for junior sizes. You may borrow these items if they are in stock through LIHA's equipment loaner program by contacting Bruce Hiller at bruce@lincolnhockey.org or you may buy any of these items at the Pro Shop inside the Ice Box at Face Off Sports where they carry new and used equipment. The contact number is 402-434-2464.

There is also a "Hockey Equipment Swap" on Saturday, September 17, 2011. Please reference the "Equipment" on the LIHA website .

What is the hockey season?

Registration for the fall/winter hockey season usually starts in August with practice starting in September/October. The fall/winter season ends the end of February of first part of March for house teams. Some travel teams go beyond that date. Many camps and clinics are offered during the summer months and will be posted to the website.

When and where do the LIHA teams practice and play games?

LIHA games and practices are held at The Ice Box 1800 State Fair Park Drive, Lincoln Nebraska 68501. Usually when a practice time is assigned at the beginning of the season, the team will have that practice time all season. Occasionally a team will get an extra practice that may be at a different time. Travel players have two consistent practice times during the week.

How do I know what level my child will play at?

USA Hockey has identified age ranges for ice hockey players that are based on birth years. Age divisions for the current year are listed on the Registration page of this website. This is also posted on our website under LIHA age divisions under "Hockey 101".

My child has never played hockey before. Can he/she play at a lower level?

No, USA Hockey rules do not allow players to play down. House players usually have a wide range of skills on any one team, and coaches try to match experienced players with comparable players on the opposing team. Girls are no longer permitted to play down one age bracket when playing on a co-ed team.

Can my child play up into another age division?

Although not recommended by the LIHA, players can move up a division under certain circumstances. This is usually done in the lower age divisions and requires approval from the coaching director.

At what age do players start body checking?

Under USA Hockey rules, players at the Bantam level are permitted to body check during games. Coaches at this level and at the Bantam level teach the players how to check and how to take a check so as to prevent injury.

How do I determine what level my child should play at (house or travel)?

There are many variables to this question. One consideration is the amount of travel associated with a travel team. In Lincoln our travel teams does a significant amount of travel compared to larger cities due to the fact that Nebraska has a limited number of hockey programs. You need to make the commitment to travel and the extra practices.

The other consideration is the skill/talent level of the player. Travel teams are more skilled and as such have tryouts in order to be selected to a team. The player needs to attend the tryout sessions and then will be contacted by the appropriate coach as to whether they made a travel team.

What type of Insurance do I need for Hockey?

All players are registered in USA Hockey. This provides insurance coverage but is not necessarily intended to be the player's primary insurance. For more information about USA Hockey's insurance, please see www.usahockey.com.

Can girls play hockey?

Yes, LIHA welcome all players, regardless of gender. Because not enough girls play hockey in this area, we cannot offer an all-girls team. Girls do play in the boys division on our house teams, as well as travel teams. There are other alternatives being considered in the Midwest Travel League for girls' hockey.

My child says they want to play goalie. Do I need special equipment?

Goalies are one of the most integral parts of a hockey team. They do require special equipment that is more expensive than the normal player. Because of the individual characteristics of each player (size, weight, tendencies, right vs. left handed, etc.) the league cannot stock all the equipment necessary for the goalies but may have some used equipment for try-on and/or referral to the Pro Shop Face Off Sports at the Ice Box.

How do the coaches select the travel teams?

Stars travel coaches are committed to fielding the best possible teams at each level, and select players for those teams based on the players' abilities and the position each plays. In addition, each team must meet USA Hockey requirements for the team composition (for example, no more than 20 players may be on a roster). Coaches expect players selected for travel teams to be committed to the team and to attend all practices and be at all games unless they have discussed an absence with the coach.

How do I apply to become a LIHA coach?

You must fill out a coaching application and mail it in to: LIHA PO Box 22509 Lincoln, Nebraska 68542 or drop it off at Face Off Sports inside the ice box to Coaching Director Bruce Hiller. They can also be emailed to bruce@lincolnhockey.org. Your application will be reviewed by our coaching director.

Does LIHA follow USA Hockey commitment for "Zero Tolerance"?

Yes, the Lincoln Ice Hockey Association is committed to the "Zero Tolerance" policy regarding use of foul language, fighting, poor treatment of officials and use of illegal substances. Players are expected to conduct themselves appropriately at all facilities and all team events. Players, team representatives and parents who cannot abide by the rules will be disciplined. All players and parents are expected to sign a "Code of Conduct" at registration.

How do you join LIHA Youth Hockey?

You can register online with LIHA at www.lincolnhockey.org. However, before you register with LIHA, you must register with USA Hockey and obtain a confirmation number (which you will need when filling out the LIHA registration). You can obtain your USA Hockey registration here, www.usahockeyregistration.com/.

What should I do if my question is not on this list?

If you have additional questions about the Lincoln Ice Hockey Association or need more specific information, please contact or email any board member for further help. E-mail general questions to news@lincolnhockey.org.