

# North Branch Area Hockey Association

[www.northbranchhockey.com](http://www.northbranchhockey.com)

## Pre-Skate/Evaluation Agenda Mite Skaters Boys and Girls Ages 4 through 8



### ***Mite Evaluation Schedule***

***First year Mites will not be evaluated. Please read carefully to ensure you attend the correct sessions. Please arrive 45 minutes prior to ice time for check-in and placement.***

| <u>Event</u>                                  | <u>Date and Time</u>     | <u>Location</u> |
|---|--------------------------|-----------------|
| <b><u>Last Year B's, C's and U8 Mites</u></b> |                          |                 |
| Pre-Skate #1                                  | October 15th @ 7:20 a.m. | Isanti Arena    |
| Pre-Skate #2                                  | October 16th @ 7:40 a.m. | Isanti Arena    |
| Evaluation #1                                 | October 22nd @ 7:20 a.m. | Isanti Arena    |
| Evaluation #2                                 | October 23rd @ 7:40 a.m. | Isanti Arena    |

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### **Last Year D Mites**

|               |                          |              |
|---------------|--------------------------|--------------|
| Pre-Skate #1  | October 15th @ 8:30 a.m. | Isanti Arena |
| Pre-Skate #2  | October 16th @ 8:50 a.m. | Isanti Arena |
| Evaluation #1 | October 22nd @ 8:30 a.m. | Isanti Arena |
| Evaluation #2 | October 23rd @ 8:50 a.m. | Isanti Arena |

## How will my child be evaluated for team placement?

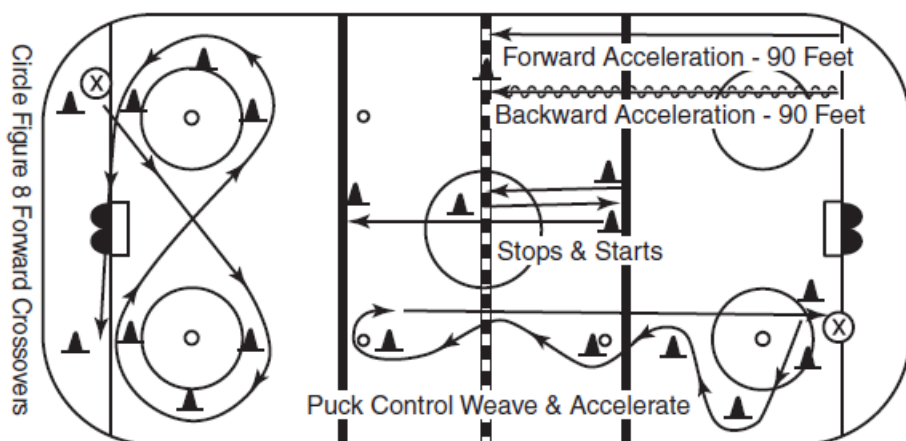
**All returning Mites** will be evaluated utilizing the USA Hockey program defined as “HEP Skills” to determine level of play. **New Mite skaters will not be evaluated** and will be placed at the D Mite level or as required. This evaluation is not intended to add stress to a child but to ensure your child will be placed at the proper level. Proper level placement is critical to development. In theory, a skater that has a considerable amount of more talent/experience than other skaters will be limited and develop bad habits such as over carrying the puck, lack of passing, game play structure, etc. A skater of lesser talent is considered to have similar affects in addition will possibly feel the game is not fun if the skater is simply wandering around with lack of puck touches, self satisfaction of play and lack of being part of the team. The following skills will be performed to determine level:

- Timed Forward Skating
- Timed Backward Skating
- Timed Forward Start/Stop
- Timed Circles
- Timed Puck Control
- 3 versus 3 cross-ice scrimmaging

## What to Expect For On-Ice Activities

### **Pre-Skate Day #1**

This session will be utilized to ensure the skaters and coaches have an idea of what to expect for Day #1 evaluations. The session will begin with a an approximate 10 minute warm up session that will include forward and backward skating, start/stops, transitions and cross-over's. Groups will then be placed at 5 different stations as illustrated herein. The groups are no reflection of any predetermined placement other than last year's level. The group placement will not have an effect on final team placement. Groups will conduct each drill twice before moving to the next station. Given the intentions of HEP skills, skaters will be waiting in lines to perform drills. The drills will be conducted to the extent of one hour ice limitations and drills that were not completed in Day #1 can be completed prior to the scrimmage in Day #2.



### **Pre-Skate Day #2**

This session will be utilized to ensure the skaters and coaches have an idea of what to expect for Day #2 evaluations. The session will begin with an approximate 10 minute warm up session that will include forward and backward skating, start/stops, transitions and cross-over's. If prior day HEP skills were not completed, the session will begin with completion of drills. Groups will then be placed in three separate areas to enable scrimmaging. This scrimmage is intended to evaluate game play ability against other skaters. Skaters will be grouped in similar ability however movement may be conducted to further evaluate. This scrimmage shall be structured in a 'pond hockey' manner thus allowing for children to freely skate without game rule structure. The scrimmage will be conducted in a 3 versus 3 cross ice manner. No goalies will be allowed, thus requiring board placement over nets.

### ***Evaluation Day #1***

The session will begin with an approximate 10 minute warm up session that will include forward and backward skating, start/stops, transitions and cross-over's. Groups will then be placed at 5 different stations as conducted the weekend prior. Coaches will be equipped with clipboards and stop watches to document testing results.

### ***Evaluation Day #2***

The session will begin with an approximate 10 minute warm up session that will include forward and backward skating, start/stops, transitions and cross-over's. If prior day HEP skills were not completed, the session will begin with completion of drills. Groups will then be placed in three separate areas to enable scrimmaging. Skaters will be grouped in similar ability however movement may be conducted to further evaluate. This scrimmage shall be structured in a 'pond hockey' manner thus allowing for children to freely skate without game rule structure. The scrimmage will be conducted in a 3 versus 3 cross ice manner. No goalies will be allowed, thus requiring board placement over nets. Mite Director and coaches will be making notes during this session.

### ***Team Placement***

Mite Director/Mite Committee will prepare team placement documentation to be evaluated at the October board meeting. Skaters will be contacted shortly thereafter by their new coach to welcome them to the 2011-2012 season.

### ***Season Goals***

Hockey is intended to provide training to the youth of our community that promotes fun, sportsmanship, discipline and teamwork. The most important of the previous intentions is that our kids have fun which takes the entire association. Please promote positive attitudes to all involved with dignity and an ethical approach.

Additional coaches and managers are needed at various levels. Please inquire to the Mite Director if you are interested in helping out.

I thank everyone in advance for your patience during this process and if you should have any questions or concerns please feel free to contact the mite director via [www.northbranchhockey.com](http://www.northbranchhockey.com).