

FOR MORE INFO: EMAIL
MITES@BLAZEHOCKEY.COM

**SPECIAL
POINTS OF
INTEREST:**

Welcome to BHC hockey!
Please make sure to return
to the
blazehockey.com
homepage and enter your
email in the Club
Notification box so you
can be kept up to date on
current events, schedules
and registration as they
become available.

**Online Registration
will be offered at
www.blazehockey.com**

**Keep checking
www.blazehockey.com
for in person**

**registration dates and
times**

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BHC MITE HOCKEY INFO

2011/2012 SEASON

JUNE 1, 2011

The B H C Mite program offers an **AFFORDABLE & FUN**
way for children to learn hockey!

The BHC serves **boys and girls** living in and/or attending school in District 191.

The Mite program is for children ages 4.5 to 8. For 2011 the birthdates that can play Mite hockey in the BHC would be July 1, 2002 to June 30, 2007.



Your questions, comments, and suggestions are always welcome.

Our main goals include the introduction of fundamental skating skills used in hockey, teamwork, sportsmanship, and LOTS of FUN!

We are always working toward positive improvements and excellence.

Why play hockey?

From http://www.usahockey.com/comeplayyouthhockey/default.aspx?NAV=AF_04&ID=265004

More than a Game

Hockey develops skills on the ice that build a foundation for a lifetime. In addition to athletic prowess, hockey promotes confidence, pride, focus and responsibility. With an emphasis on fun, hockey is a game to be played and enjoyed for life.

Life-long Friendships

Starting with the bonds created in the locker room to the relationships formed on ice, hockey creates life-long friendships. This camaraderie shared on and off the ice encourages teamwork and the natural development of leadership skills.

Set Up for Success

From learning to balance school, responsibilities at home, time at the rink and playing with friends, hockey encourages kids to learn time management skills that will later serve them in all facets of life. Hockey's unique source of physical fitness promotes healthy living.

Hockey is Fun

The thrill of carrying the puck up the ice on a breakaway, the exhilaration of scoring your first goal or making that amazing save is possible due to the encouraging environment

For more info: email mites@blazehockey.com



**BHC Mite
Hockey
Program
Level
Guidelines**



We need coaches!!!
Contact
mites@blazehockey.com
for more info!

Mite 1 Program

The Mite 1 program consists of boys and girls playing together who are new to skating, generally ages 4.5 to 6. First year players skate on Saturday and Sunday (mostly mornings) with a season that generally starts in mid October and continues through mid March. On ice time is 60 minutes. There is also outdoor ice as planned by the teams coach in the evening during the week. We aim for a 4:1 ratio of practices to games at this level. Games are played cross ice to allow for many children to touch the puck. Scores are not kept. The season ends with a jamboree tournament mid March.

Mite 2 Program

The Mite 2 Program consists of boys and girls playing together who are continuing in their second year of hockey or are new to us, generally ages 5 to 7. This group skates on Saturday and Sunday (mostly mornings) for 60 minutes, skate outdoors one or two times a week as weather permits. This season lasts from the middle of October to mid March. We aim for a 4:1 ratio of practices to games at this level. Games are played cross ice to allow for many children to touch the puck and learn skating. Scores are not kept. The season ends with a jamboree tournament mid March.

Mite 3 Program

The Mite 3 Program consists of third year skaters (2nd grade), and 3rd grade skaters who are still working on basic skills. This season begins mid October and continues through mid March. These players generally skate indoors on Saturday and Sunday and practice outdoors in the evening twice a week as weather permits. This level consists of mainly boys, but girls can play with the boys if they want. Teams will play each other mostly in a combination of half ice and full ice games with a small number of traveling full ice games. Scores are not kept. The season ends with a traveling Jamboree tournament in Bloomington at the beginning of March and the Burnsville Mite Jamboree in Burnsville mid March.

Questions:

What will it cost for my child to play hockey?

Ice hockey can be expensive - but the costs are much lower for Mites than for the older groups. Fees for Mite skaters generally range from \$125 to \$250 –cost will be announced with registration. There is also a fundraiser that offers a buyout option and there can be team associated costs for team outings or events.

Who will be coaching my child?

Teams are generally coached by volunteer parent-coaches. All coaches must undergo a standard background check as required by Minnesota Hockey. Coaches must be certified by attending coaching clinics at the start of each hockey season. If you are interested in becoming a coach, please email mites@blazehockey.com

Mite 4/ Advanced Program



The Mite 4/ Advanced Program

can morph year to year based on number of children at that age group. In the past we have had both one and two teams consisting of fourth year skaters

who are chosen based on HEP performance. In general we strive for two teams made up mainly of third graders and **possibly** second graders, again based on numbers and performance. This season begins mid October and continues through mid March. Players skate indoors on Saturday and Sunday and practice outdoors in the evening twice a week as weather permits. This level is usually all boys, but girls can play with the boys if they want. Teams travel throughout District 6 playing mostly full ice games. Scores are

not kept and it is up to coaches to decide if offsides will be called. Generally only major penalties are called and result in a penalty shot.

The season ends with a traveling Jamboree tournament in Bloomington at the beginning of March and the Burnsville Mite Jamboree in Burnsville mid March.

**BHC Mite
Hockey
Program
Level
Guidelines**

U8/ Girls Program

The **U8 program** is an all girl program that also can changes year to year based on the number of girls in our program. In the past we have had one team that consists of second and third grade girls who have one or more years of skating experience. This year it looks like we may have two teams. The U8 teams travel throughout District

6 and play other all girls teams. They practice indoors on Saturday and Sunday mornings and practice outdoors two times during the week as weather permits. The season ends with a traveling Jamboree tournament in Bloomington at the beginning of March and the Burnsville Mite Jamboree in Burnsville mid March.



Required Equipment for Mite hockey

-**Hockey Skates** (the BHC does have rentals available— please contact equipment@blazehockey.com for more information)

- **Helmet with face mask**

- **Jerseys and socks will be handed out the 2nd-3rd week**

- **Shin Guards**
- **Mouth Guard**
- **Hockey Gloves**
- **Hockey Stick**
- **Elbow Pads**
- **Shoulder Pads**
- **Hockey Pants (Breezers)**
- **Athletic Protector**
- **Neck Guard**



Beginner equipment packs are available at Hat Trick Hockey of Richfield for around \$80.00. Please contact Randy Reed at 612-869-5400 for more info.

HOCKEY MYTH VERSUS REALITY



I have been told it is too late to start / my child cannot skate...

No experience is necessary! Most kids playing in the BHC either could not skate or were just learning when they joined.

Players join the Mite Program at all ages and most older Mites will catch up very quickly due to advanced maturity and coordination!

The BHC also offers FREE clinics to get registered players on the ice and learning prior to the start of the season.

Hockey is too expensive...

The BHC Mite program offers a less expensive rate for first time players and is one of the least expensive Mite programs in the Twin Cities!!!

Comparitively, the Mite hockey season lasts longer than other youth sports (usually running from late October through the end of March) and is very competitive with the cost of other sports when compared on a per game and practice basis. Unlike outdoor sports, there are no rainouts or makeup games so if your child is scheduled to play they do.

Hockey equipment also does not have to cost more than other sporting equipment. Beginner equipment packs are available through Hat Trick Hockey of Richfield (please see page 3 for more info) for around \$80.00 and most equipment lasts players a few years.

There is also skate rental available through the BHC. Please contact mites@blazehockey.com for more information.

Hockey is too time consuming...

A commitment is necessary to bring your skater to practices and scrimmages throughout the season. Allow an extra 15-30 minutes before practice to help your skater into the equipment and lace up the skates (other parents and coaches will show you how.)

At the Mite level, indoor practice and games are held weekend mornings and afternoons at the Burnsville Ice Center. Most teams will also have evening outdoor practices at neighborhood rinks during the week as weather permits.

Hockey encourages families to spend time together and get to know other families in the community.

These friends and memories will last a lifetime and there is truly NO better way to get through a Minnesota winter!

Hockey is too violent...

All sports have an element of inherent risk as far as injury is concerned. Hockey is no different, but it actually ranks behind football, soccer, and snowboarding for injuries in numerous studies.

The National Sports Safety Foundation says that ice hockey is one of the safest contact sports for children when players are properly outfitted with equipment.

There is also no checking or fighting in Mite hockey leagues.



Online Registration will be offered at

www.blazehockey.com

Keep checking www.blazehockey.com for in person registration dates and times

For more information please email:

mites@blazehockey.com