

# Frequently Asked Questions for the FFHA Program

**1. How will I know what level my child will be in each year?**

| <u>Level</u>        | <u>Age on 7/1/15</u> | <u>DOB Must Be Within</u> |
|---------------------|----------------------|---------------------------|
| Bantam              | 13 & 14              | 7/1/02- 6/30/04           |
| 12U Girls           | 11 & 12              | 7/1/04- 6/30/06           |
| PeeWee              | 11 & 12              | 7/1/04- 6/30/06           |
| 10U Girls           | 9 & 10               | 7/1/06- 6/30/08           |
| Squirt              | 9 & 10               | 7/1/06- 6/30/08           |
| Squirt House League | 9 & 10               | 7/1/06- 6/30/08           |
| 8U Girls            | 7 & 8                | 7/1/08- 6/30/10           |

**Mite Level in table below**

| <u>Age on 7/1/17</u> →<br><u>Year in Hockey</u> ↓ | <b>3</b> | <b>4</b> | <b>5</b> | <b>6</b>       | <b>7</b> | <b>8</b> |
|---------------------------------------------------|----------|----------|----------|----------------|----------|----------|
| <b>1</b>                                          | Otter    | Otter    | Otter    | Gopher         | Wild     | Wild     |
| <b>2</b>                                          | N/A      | Otter    | Gopher   | Gopher         | Wild     | Olympic  |
| <b>3</b>                                          | N/A      | N/A      | Gopher   | Gopher or Wild | Wild     | Olympic  |
| <b>4</b>                                          | N/A      | N/A      | N/A      | Gopher or Wild | Wild     | Olympic  |
| <b>5</b>                                          | N/A      | N/A      | N/A      | N/A            | Wild     | Olympic  |
| <b>6</b>                                          | N/A      | N/A      | N/A      | N/A            | Wild     | Olympic  |

See the above table for explanation of the mite levels.

Otter and Gopher: Practice on Wed and Sat (season starts in November).

Wild and Olympic: Practice on Tues and Wed. House league games on Saturdays.

End of year jamboree.

Olympic: Six games against other towns including end of year Jamboree.

\*Additional elective opportunities for cross ice jamborees may arise during the year.

**2. How long is the Fergus Falls Hockey Season?**

The season starts in November with optional skating sessions in October and runs through the middle of March.

**3. Can I go on the ice with my player for open hockey?**

During “Open Hockey” and “FFHA or Specific Level of Open Hockey”, yes you are welcome to skate with your child. FFHA requires a parent to wear a helmet and hockey skates. Please know that you will be skating at your own risk. During Regular team practices, only Registered USA Hockey Coaches are allowed on the ice.

**4. Who do I talk to about equipment related issues?**

Start with the Lead Coach, who will try to help you. If they cannot they will get you in contact with the Equipment Manager.

**5. Does my player need to wear a mouth guard?**

Yes. Mouth guards protect the teeth but are also protect against concussions during a hard fall or accidental collision. In addition to safety, getting skaters used to wearing mouth guards when they are young is good practice. Players can be assessed penalties for not wearing a mouth guard in games.

**6. How do I read and understand the arena schedule?**

The arena schedule includes which level is on the ice, at what time, and in which arena (North or South). The Otter/Gopher mites will generally have scheduled ice time on Wednesday evenings and Saturday mornings. The Wild/Olympic mites will generally have scheduled ice on Tuesday and Wednesday evenings and Saturday mornings. Although we try to keep the specific times for the ice session consistent, it is impossible to do so with multiple levels who also have practices, games, and tournaments. It is helpful to always check the

schedule the night before a practice/game to make sure your player gets on the ice at the correct time. There are times when the ice time needs to be changed due to an unforeseen reason. At that time an email will go out to the levels that are impacted by the change and the website calendar page will be updated. The daily schedule is posted on the TV monitors by the concessions lobby and additional copies of the schedule are kept on the bulletin board by the concession stand and on the website.

**a. Below is a sample of an arena schedule**

| Monday, January 19, 2015    |                    |              |                            | Wednesday, January 28, 2015 |                      |              |                     |
|-----------------------------|--------------------|--------------|----------------------------|-----------------------------|----------------------|--------------|---------------------|
| South Rink                  |                    | North Rink   |                            | South Rink                  |                      | North Rink   |                     |
|                             |                    | 5:45-7:45 am | FFFSC                      |                             |                      | 5:45-7:45 am | FFFSC               |
| 12:00-1:15                  | Bantams            | 12:00-1:15   | PW's                       |                             |                      |              |                     |
| 1:30-3:00                   | Open Public        | 1:30-3:30    | FFHA Open Hockey           | 1:30-3:00                   | Open Public          |              |                     |
| 3:45-5:15                   | HSB                | 3:45-5:00    | HSG                        | 3:45-4:45                   | HSG                  | 3:45-4:45    | HSB                 |
| 5:30-6:30                   | HSB                | 5:15-6:15    | HSG                        | 5:00-6:00                   | HSG                  | 5:00-6:00    | HSB                 |
| 6:45-7:15                   | Rookie Program     | 6:30-8:00    | FFFSC-Basic Skills         | 6:15-7:15                   | Otter / Gophers      | 6:15-7:15    | Wild / Olympic      |
| 7:15-8:15                   | Goalie Clinic      | 8:15-9:15    | FFFSC-Basic Private        | 7:15-8:15                   | 8U/10U ADM           | 7:15-8:45    | Sqt ADM & HSL       |
| 8:30-9:30                   | 12U                | 9:15-9:45    | FFFSC-Freeskate Pvt        | 8:30-9:45                   | Bantams              | 9:00-10:00   | Men's League        |
|                             |                    |              |                            |                             |                      |              |                     |
| Tuesday, January 20, 2015   |                    |              |                            | Thursday, January 29, 2015  |                      |              |                     |
| South Rink                  |                    | North Rink   |                            | South Rink                  |                      | North Rink   |                     |
| 6:30-7:45 am                | Bantams            | 5:45-7:45 am | FFFSC                      | 6:30-7:45 am                | PWB                  | 6:30-7:45 am | PWA                 |
| 1:30-3:00                   | Open Public        |              |                            | 1:30-3:00                   | Open Public          | 3:45-5:00    | HSG                 |
| 3:45-5:00                   | 12U                | 3:45-5:00    | 8U / 10U HSL               | 3:45-5:15                   | HSB                  | 5:15-6:15    | HSG                 |
| 5:30-7:00                   | HSBJV vs           | 5:00-6:15    | All Squirts ADM            | 5:30-6:45                   | HSB                  | 6:30-8:00    | FFFSC-Basic Skills  |
|                             | River Lakes        | 6:30-7:30    | Wild / Olympic             | 7:00-8:00                   | 10U / 12U            | 8:15-9:15    | FFFSC-Basic Private |
| 7:00-9:30                   | HSB vs River Lakes | 7:45-8:45    | All PW's                   | 8:15-9:30                   | Bantams              | 9:15-9:45    | FFFSC-Freeskate Pvt |
|                             |                    | 9:00-10:00   | Oldtime Hockey - 35 & Over |                             |                      |              |                     |
|                             |                    |              |                            |                             |                      |              |                     |
| Wednesday, January 21, 2015 |                    |              |                            | Friday, January 30, 2015    |                      |              |                     |
| South Rink                  |                    | North Rink   |                            | South Rink                  |                      | North Rink   |                     |
|                             |                    | 5:45-7:45 am | FFFSC                      |                             |                      | 5:45-7:45 am | FFFSC               |
| 1:30-3:00                   | Open Public        |              |                            | 11:45-1:15                  | Lunchtime Hockey     |              |                     |
| 3:45-4:45                   | HSG                | 3:45-4:45    | HSB                        | 3:45-5:00                   | HSBJV                | 3:45-5:15    | HSB                 |
| 5:00-6:00                   | HSG                | 5:00-6:00    | HSB                        | 5:30-7:00                   | HSGJV vs             | 5:30-7:15    | BA vs EGF           |
| 6:15-7:15                   | Otter / Gophers    | 6:15-7:15    | Wild / Olympic             |                             | Sartell / SRR        | 7:15-9:00    | PWB vs Alex         |
| 7:15-8:15                   | 8U/10U ADM         | 7:15-8:45    | Sqt ADM & HSL              | 7:00-9:30                   | HSG vs Sartell / SRR |              |                     |
| 8:30-9:45                   | Bantams            | 9:00-10:00   | Men's League               |                             |                      |              |                     |

**b. Key for understanding schedule:**

- i. Columns are noted for North and South rinks
- ii. HSB is High School Boys practice or Home game
- iii. HSG is High School Girls practice or Home game
- iv. Otter/ Gophers or Wild/ Olympic are practices for different Mite levels
- v. Bantams, PW, Squirts, 8U, 10U, 12U are practices listed for those levels.
- vi. FFFSC are times for the Figure Skating Program
- vii. Open Public- free skating time that is open to the public. **NO HOCKEY GEAR!!**
- viii. Open Hockey- time for playing hockey for all levels, no coaches required, and is open to the public

- ix. FFHA Open Hockey- time for playing hockey for all levels only if you are part of the Fergus Falls Hockey Association, no coaches required
- x. Open Mites or Open PW/ 12U, etc.- time for playing hockey for a specific level within the association. You may only skate if you are in that level.
- xi. Lunchtime Hockey, Oldtime Hockey, & Men's League- programs sponsored by the City of Fergus Falls, Park and Rec

- 7. When does the arena schedule come out for the next month?** The arena schedule typically gets sent out by email the last week of the month. It is also posted on the website and each FFHA practice/ scrimmage/ or games are on the calendar page on the website linked to the teams or levels. You can sync your phone calendars to the schedules for your kid(s) teams or levels as well.
- 8. Where can I get my child(s) skates sharpened?** The city employees can sharpen skates for \$5 when they are available. Cullens Home Center also sharpens skates. Typically younger skaters need their skates sharpened every other week. Older skaters usually need theirs sharpened at least once a week. If you would like city employees to sharpen your skates, please make sure you arrive early enough to allow them time as they could be resurfacing the ice right before practice times.
- 9. Why are there different floorings around the arena?** There are 3 different floorings around the arena, concrete, white tile and black rubber. When your child is walking around the arena in their skates, please help them to remember to ONLY walk on the black rubber areas. Walking on the white tile or concrete floors will dull or ruin skate blades.
- 10. How do I find my way around the arena?** There are 2 pages of maps on the website that describes where all the places of interest are in the arena.
- 11. How do I find out information during the season?** All communications for the association are sent out via email by Cyndi Young at [cyou1052@gmail.com](mailto:cyou1052@gmail.com) through the FFHA Sportsengine website from the information you provided at Online Registration. The mite level could also have emails sent out via the House League Director. Travel teams could also have emails sent out by the team managers. Team managers are chosen by coaches of the travel teams after teams are decided after try outs. "Like" Fergus Falls Hockey Association on Facebook and "Follow" FFYHA on Twitter. Our website, [www.fergusfallshockey.org](http://www.fergusfallshockey.org) also has a lot of information for the association to check it often.
- 12. Who do I contact if I have questions?** You can always contact Cyndi (FFHA President at [cyou1052@gmail.com](mailto:cyou1052@gmail.com)) if you have questions and she can direct your question to the proper person if needed. All board members and committee members are listed on our website with contact information as well.
- 13. What are the volunteering expectations?** There are many opportunities for volunteering in the association through coaching, team managing, being on a committee, helping with events, etc. Emails periodically are sent out asking for volunteers, please help when you are able. Without parent volunteers, FFHA would not be able to be as successful. If you are interested in volunteering, please speak up.
- a. FFHA expects each family to work 15 hours per skater (with a maximum of 40 hours per family) in our concession stand. The concession stand is open mostly when the arena is open during practices or games. Times vary depending on events at the arena. There is a sign-up sheet on a bulletin board by the concession stand. It is posted at the same time the arena schedule comes out. MN Dept. of Health regulations require any worker to be 14 years of age to work with a parent, 16 years of age to work without an adult, and 18 years of age to work during a High School hockey game (NO EXCEPTIONS!). You as a parent or guardian do not have to be the only ones working the hours. You can ask friends, aunts, uncles, cousins, grandparents, or older siblings if they meet the age requirements and are capable of the performing the duties.
  - b. Please remember if you sign- up to work your hours and cannot work your shift, you must find a dependable replacement. We understand that situations arise but missed shifts are not appreciated.

Please be considerate to all and don't cross your name off the list at the last minute as finding a replacement can be difficult.

- c. There is also an option if you prefer not to volunteer the hours, by donating \$150 per skater to FFHA. This money will be used to pay others to work the hours that are not fulfilled by volunteers. The concession manager will take care of hiring workers.
- d. The Volunteer Coordinator is Pam Muxfeldt. She can be contacted via email at [muxy@prtel.com](mailto:muxy@prtel.com) or via cell at 218-770-7190. Please contact her if you have any questions or concerns regarding the Concession Stand or working your volunteer hours.

## **QUESTIONS SPECIFIC FOR FFHA MITE PROGRAM**

### **14. When will my player get their house league jersey?**

House League jerseys will be handed out after the 2<sup>nd</sup> Week of formal Practice. 1<sup>st</sup> week is ability group placements, 2<sup>nd</sup> week is placement verification and making teams. We take these two weeks to ensure that we have fair teams from the start.

### **15. Will my player be on that team the whole season?**

Yes. They will also have a dedicated coach for their Saturday games. In extreme circumstances, we may need to do a temporary trade of a player on a game day to even out the numbers per team. The Otter/Gopher Groups and the Wild/Olympic Groups of Mites practice together in a station based practice oversight by USA Hockey Certified Coaches. For these practices, players are divided by ability group (regardless of team) to keep players challenged yet engaged during practices. Throughout the season, coaches can move players into different ability groups based on continuing to challenge each player. Our goal is to have players be challenged, but in a safe environment in order to build confidence and skill development.

### **16. Should my player wear their house league jersey to practice?**

It is preferred but not mandatory. Even during practices, we will have some drills where we divide into teams and it is easier to have the team jerseys. FFHA jerseys are not meant to be worn for everyday use.

### **17. Will my player play goalie with full gear?**

There are no formal goalies at the Otter/Gopher levels. At the Wild/Olympic level every player will get the opportunity to play in goal for at least one week (two practices & a game) during the season. The game schedule will include who will play goalie for each team during the week and weekend. Even if your kid has no interest in Goalie, we ask all players to play it for a week. If nothing else, it gives them an appreciation of the position later in their hockey careers.

## **Miscellaneous**

### **18. How do I take care of my jersey?** FFHA provides House League Jerseys for the Mite, 8U, and Squirt levels.

These jerseys are not meant to be worn for everyday use.

- a. FFHA also provides travel game jerseys for Squirts, 10U, PeeWees, 12U, and Bantams. These jerseys are NOT to be put in hockey gear bags at all. They are to be stored in a garment bag to be kept free from any Velcro on gear and skate blades.
- b. Please wash all House League and Travel jerseys in cold water and allow to air dry. If jerseys are too big, they can be tacked with a removable stitch. DO NOT cut off any part of the jersey when tacking, you may only fold.

### **19. If my child loses something, where do I look?** FFHA does have a lost and found table in the concession stand area. Items found should be put on that table for the owner.

- 20. When can I drop off my child for practices?** Generally, locker rooms for the Squirts/ 10U through Bantams are available approx. an hour before practice. Younger levels put on gear in the hallways or lobbies around the arena.
- a. **Please note-** Practice start times are the times your child may go on the ice. Coaches like kids to have all gear on and ready to go on the ice by start time. No one is allowed on the ice when the Zamboni doors are open. They **MUST** wait for the ice crew to be done resurfacing the ice and the Zamboni doors have been closed to enter the ice.
- 21. Is there a dryland area for kids to practice when they are not on the ice?** FFHA has a Hockey Training Room which can be utilized by FFHA members only. This room is for shooting pucks and stickhandling only.
- a. Parents please help FFHA keep the room clean. Remind your children to pick up after themselves and not leave garbage. There is no eating or drinking in the training room. Parents are asked to check on the room when they walk by and help make sure children are acting appropriately and stop behavior if necessary.

**FFHA strives to provide a positive and safe environment for all children and parents. We appreciate your help in helping to monitor children in the arena for horseplay or running and stop the behavior to help keep everyone safe.**

**If you have any questions or concerns, please contact a board member and they will try to assist you with answers or help with any issues.**

**Thank you**

**Fergus Falls Hockey Association**