Rice Lake Hockey 101

1

Equipment!
The association has volunteers to help you size equipment and it's available to borrow when your skater is first starting!

5 hours for LTP/LTS

10 hours for Mini Mites and Mites

30 hours for Squirts, PeeWees & Bantams

MAX FAMILY HOURS IS 40

2

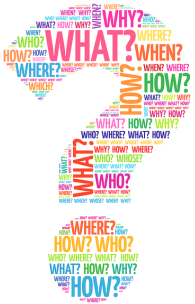
Volunteer hours!
It's scary; we get it. We run on volunteer power, so just jump in. It's all far easier than it seems, we promise. Do what you can and usually there are people around to answer questions or help!

Age Levels

Ages	USA Hockey
6 and Under	Mini Mites
8 and Under	Mites
10 and Under	Squirts
12 and Under	PeeWees
14 and Under	Bantams

3

Age and Levels!
Levels are split by birthyear rather than grade levels. Based on age, players spend two years at each level: mini mite, mite, squirt, peewee, bantam.



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Don't be afraid to ask. Truly. We all started out not knowing what's going on, but it's a quick transition to forgetting what we didn't know. YouTube & Google!

Equipment Tips

Link to RL Hockey Equipment Info

1

Clear tape around the leg will help socks and shin guards stay in place! You can also buy garter belts or jock/jill shorts designed to keep socks up.
PureHockey.com has great info; Amazon has free shipping.

2

Skate blades take a beating at any age. Use guards when not on the ice and get them sharpened every 2-3 weeks.
Grinder's sharpens skates, otherwise sharpening at the rink is free (punch card for the Sparx.)

If you aren't sure how to get your skater dressed, don't be afraid to ask someone, anyone!

Our website has more info on equipment and a great article on purchasing it, if you're ready for that step.

Trained Skate Sharpeners

2021-22

Sparx Sharpening

(punch card/fee)

Learn to Skate

Jon Cuskey

Squirts

Russ LaPoint
Trae Coleman
Eric Stoykovich
Greg Larson
Derek Penzkover

Mites/U6/U8

Steve Barfknecht
Joe Wineinger

PeeWees

Dennis Flood
Scott Fetting

Bantams

Sean Wager
Joe Wineinger

Wheel Sharpening

(free to RLHA skaters)

Russ LaPoint
Derek Penzkover
Melissa Myer
Josh Tomesh
Jeff Rettenmund

Volunteer Hours

Link to RL Hockey Volunteer Info

1

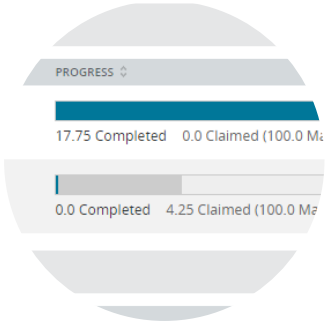
Cleaning. Sweep the floor; wipe down the windows/glass; empty trash, etc. Basic chores get you hours. The cleaning supplies are the first door on the left toward the bathrooms.

2

Concessions. The iPad is simple to run and things always work out. Customers are helpful and, honestly, a *lot* of us have burnt popcorn while learning the ropes.

3

Working the game. It's better to learn in the younger years than suddenly run the clock or scorecard for Bantams! It's pretty fun and a good viewpoint.



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Make sure you register for volunteer time on Dibs prior to doing it when possible and then *go back in to claim it as completed* once you're done!