

## Subject: Welcome to the 2019-2020 Ice Dog 8U House Program

Welcome to the Northern Virginia Ice Dog 8U House Program for the 2019-2020 Season. Please read this carefully, it contains 1) schedule for first 4 weekends and details on our player organization structure, 2) plans for the season, 3) how to request jersey numbers, 4) information on jersey ordering, and 5) travel tryout information.

### First Practices and House Evaluations

Practices start on Saturday, August 17th. All practices and games are at Mt Vernon Ice Rink. The first four weekends will be training camp and player evaluations. For these sessions, players will be divided into two separate ice groups by Last Name (A-L, M-Z) and further divided within ice groups by age and experience. Upon completion of House Evaluations, we will divide into two Divisions, multiple ability groups, and multiple teams prior to the practices on September 14th. Starting on September 14th, all practices and games will be by Division.

Facility	Day	Date	Start	End	Type	Name Group
MVIA	Sat	8/17/19	6:15am	7:30am	House Practice	A-L
MVIA	Sat	8/17/19	7:30am	8:45am	House Practice	M-Z
MVIA	Sun	8/18/19	6:15am	7:30am	House Practice	M-Z
MVIA	Sun	8/18/19	7:30am	8:45am	House Practice	A-L
MVIA	Sat	8/24/19	6:15am	7:30am	House Practice	A-L
MVIA	Sat	8/24/19	7:30am	8:45am	House Practice	M-Z
MVIA	Sun	8/25/19	6:15am	7:30am	House Practice	M-Z
MVIA	Sun	8/25/19	7:30am	8:45am	House Practice	A-L
MVIA	Sat	8/31/19	6:15am	7:30am	House Practice	A-L
MVIA	Sat	8/31/19	7:30am	8:45am	House Practice	M-Z
MVIA	Sun	9/1/19	6:15am	7:30am	House Practice	M-Z
MVIA	Sun	9/1/19	7:30am	8:45am	House Practice	A-L
MVIA	Sat	9/7/19	6:15am	7:30am	House Evaluations	A-L
MVIA	Sat	9/7/19	7:30am	8:45am	House Evaluations	M-Z
MVIA	Sun	9/8/19	6:15am	7:30am	House Evaluations	M-Z
MVIA	Sun	9/8/19	7:30am	8:45am	House Evaluations	A-L

### House Practices and Games

After the House Evaluations are complete, players will be assigned to a Division (Atlantic for less experienced players and Metro for more experienced players), and ability group (denoted by a tape color on the player's helmet). During practice sessions, players will be organized with other

players of similar ability to ensure optimal development), and a team. There will be 6-8 teams in the Atlantic Division and 4-6 teams in the Metro Division. Teams will be created through an even distribution of players from each ability group and coaches may move players between teams on a temporary or permanent basis to ensure they are all evenly-matched.

Over the course of the season, players may be moved between Divisions, ability groups, or teams. Players are moved between Divisions and ability groups to ensure they are presented with the best opportunity to develop as their skills and abilities grow over the course of the season. Players are moved between teams to ensure a common level of competitiveness across all teams. Unlike the Spring season, all games will be played using our blue and white House jerseys (jersey color for each game will be denoted in TeamSnap).

### **House Jamborees**

In addition to our end of season jamboree at the end of February, we will be hosting two multi-club jamborees again this season: an 8U House-only Jamboree on February 2, 2020 and a 6U Jamboree February 16, 2020. We will need a lot of help to put on these three events! If you're interested in lending a hand, please let us know and we'll put you in touch with our jamboree planning team.

We will also have opportunities to bring house teams to other clubs' jamborees in the area. As we identify these opportunities, we'll provide additional information on how to sign your player up to participate and how coaches can volunteer. We carefully track who attends these jamborees to ensure all players have an opportunity to participate. Please note that 8U players on Travel rosters may only play in travel jamborees and are not eligible to play in house-only jamborees against other clubs (they will, however, participate in our end-of-season internal house jamboree in February).

### **Birth Certificates**

All new Fall players (and some returning players) must bring a ***photocopy*** of their birth certificate to a future practice. Carrie Stewart, our club's USA Hockey registrar, will be there to collect them and submit them to USA Hockey as part of our team registrations. The photocopies will then be destroyed. There will be a future email with a reminder and the date that will go out to those that need it.

### **Mandatory USA Hockey Forms**

Attached to this email are two (2) forms that are required for us to have on file for your child. They are the Code of Conduct and Consent to Treat/Medical History forms. Please have them completed and hand them in at the table when you check in for your first practice.

### **TeamSnap**

The first four weeks of the season are detailed above. Once teams are selected and, prior to the Sep 14/15 weekend, a TeamSnap site will be set up for each individual team. Each player will be invited to their team's site during the week prior to Sep 14th. These individual TeamSnap sites will be co-administered by the NoVA Hockey Club and the coaches for each individual team. The remainder of the 2019 - 2020 schedule will be on each team's TeamSnap site. You will be asked to populate your attendance to all events as early as possible to assist in our game and practice planning. This will be an invaluable tool for you, your player, your coach, and the entire 8U Program.

### **Coaches & Volunteers**

We always in need of coaches at the 8U level and are particularly interested in a 6U coach for goalie training. No coaching experience is required to volunteer – you just need to be able to skate and own a helmet. USA Hockey provides both online training and an in-person clinic.

Please email Tim if you're interested in joining the coaching staff. There are administrative and online training steps that must be completed before you are allowed on the ice.

We will also need a lot of other off-ice volunteers to make the season successful (jamboree commissioners, bumper/board setup & teardown, team managers, etc). Please contact either Tim or Blake if you're interested in lending a hand.

### **Equipment**

Please put a piece of tape with your player's first name on the front of their helmet and remove any previously-assigned ability group tape color. Take a few minutes to ensure that your players skates and equipment still fit. Every piece of equipment should have their name on it, including sticks & water bottles. Every player should bring a water bottle that they can drink from using one hand and without taking their helmet/facemask off.

### **Goalie Training and Equipment**

As during our last Fall/Winter season, we will provide opportunities for players to participate in games and practices as goalies. We will provide a mix of instruction from internal coaches and external coaches provided by Wolfe Hockey. The Club has enough goalie equipment to cover the requirements for all games and practices. We will not dress goalies during the initial house practices and house eval sessions. More details on this will be provided after the start of the season.

### **Jerseys**

We will be using the House-style jerseys again this year. If you have jerseys from last season and they still fit, you do not need to order new ones. If you need to order replacement jerseys with the same number as last season, skip to step 2. The club distributes jersey numbers on a two-year cycle, so if anyone requests a number that someone in the current age, one year older or one year younger already has, that number is not available. We do this to eliminate the risk having duplicate numbers on future teams.

### **Jersey Ordering Instructions:**

We have refined the jersey ordering process this season in an effort to have the jerseys delivered by the first game weekend. We will have a week long ordering window starting on August 12<sup>th</sup> and ending on August 19<sup>th</sup>. For those who are unsure of what size to order, we will have jerseys of various sizes available to try on during the first set of practices (August 17<sup>th</sup>/18<sup>th</sup>).

**First Step: Secure Jersey Number – Must be done prior to August 12<sup>th</sup>. Please do this as soon as possible to avoid delays!**

If you do not yet have an approved Jersey number: Send an email to [brenda.l.clancy@gmail.com](mailto:brenda.l.clancy@gmail.com) Subject: "*Player Name, Birth year, Jersey #*" In the body of your email include your child's birthdate along with their top five picks for Jersey Numbers. If all your 5 numbers are unavailable, we will assign you a number.

### **Second Step: Ordering the Jerseys**

Beginning on August 12<sup>th</sup> you may Order Jerseys from Concrete Pond.

<https://concretepond.com/teamslist.php?team=50> (House Jerseys are on Page 1 – do NOT buy a Travel or Girls jersey) **Required:** Customize each Jersey with Last Name and Jersey #: 1. (1) Blue Jersey: "Nova Ice Dogs – Navy House Jersey" \$48.00-\$50.00 2. (1) White Jersey: "Nova Ice Dogs – White House Jersey" \$48.00-\$50.00

**Optional:** 1. Blue Socks: “Nova Ice Dogs-Navy Knit Sock” \$13.50 2. White Socks: “Nova Ice Dogs-White Knit Sock” \$13.50 *or* 3. “Nova Ice Dogs- Navy Performance Sock” \$22.00 4. “Nova Ice Dogs – White Performance Sock” \$22.00

**Jerseys must be ordered between: August 12, 2019 and August 19, 2019**

### **Travel Tryouts**

This year we are intending to field two or three CBHL 8U travel teams, one at the Lower-A level and one or two at the B level. The Travel players will continue to practice and play in the House program and have additional mid-week practices and weekend games/jamborees. The travel program is open to birth years 2011-2013 only and is for players looking for a higher level of hockey. The additional cost of 8U travel is \$450.

Tryouts for the travel teams will be on Tuesday, September 10<sup>th</sup> at 7:30 pm at Mt Vernon. There will also be 3 additional training slots available for players trying out for 8U travel. To register for Tryouts, click here: <https://www.nova-icedogs.org/page/show/1975592-nova-8u-travel-program> . There is a \$40 tryout fee that covers the 3 practices and tryout.

Facility	Day	Date	Start	End	Type
MVIA	Tue	8/20/19	7:30pm	8:45pm	8U Travel Prep
MVIA	Tue	8/27/19	7:30pm	8:45pm	8U Travel Prep
MVIA	Tue	9/3/19	7:30pm	8:45pm	8U Travel Prep
MVIA	Tue	9/10/19	7:30pm	8:45pm	8U Travel Tryouts

We’re looking forward to a great season and let us know if you have any questions!

Tim Froemke, 8U House and Travel Director, tm.frmk@gmail.com 703-873-7587

Blake Harrington, 8U Age Representative, beharrington@gmail.com 703-895-8510

Chris Battles, Growth Director, novascheduler@gmail.com