

MONTGOMERY YOUTH HOCKEY ASSOCIATION (MYHA) & ROCKVILLE ICE ARENA SPRING PROGRAMS

Programs:

- Spring League
- Instructional Scrimmage
- Instructional Program
- Checking/Defensive Clinics
- Power Skating Clinic
- Stick Handling Clinic
- Skills Clinic
- Girls Clinic
- Goalie Clinic
- Elite Clinics



All Programs are open to all boy and girl players from MYHA or outside MYHA. All programs have limited openings and will be filled on a first come basis. **All programs will be held at the Rockville Ice Arena.** Schedules for all programs will be posted at MYHA.ORG.

Please note: for the weekday clinics, there are no clinics on April 28, 29, 30.

Registration Online:

<https://rockvilleicearena.demosphere-secure.com/>

You will receive an email confirmation of your registration.

If you are not already registered with USA Hockey, please register with USA Hockey online. <https://membership.usahockey.com/>

THERE WILL BE NO REFUNDS OR CREDITS FOR ANY REASON FOR REQUESTS RECEIVED AFTER APRIL 10th – NO EXCEPTIONS. All requests for a refund must be **IN WRITING** and mailed to MYHA, 50 Southlawn Court, Rockville, MD 20850 or emailed to Registrar@myha.org.

Spring League

- What: Once a week fun league to keep your skills sharp. There will be four levels of play: Mites, Squirts, Peewees, and Bantams/Midgets. This will be an 8 game program. There will be no checking at any level of play and full equipment is required. A jersey will be provided for this program.
- Who: All House and Travel players. The player should register for the level he/she is **playing this season**.
- When: The Spring League will play mostly on Saturdays with some Sunday games and will start on Saturday, April 18 and conclude on Saturday, June 13 except for Saturday, May 23, when there will be no games. **Team assignments and season schedules will be posted on MYHA.ORG by April 15.**
- Time: Most of the game slots will be on Saturday between the hours of 8:00 AM and 9:00 PM. Time slots on Saturday for each level will vary from week to week.
- Cost: \$340 per player for all levels.

Instructional Scrimmage

- What: Once a week scrimmage play to sharpen your skills. This is the next step in hockey for the MYHA Instructional player. After months of working on your skills, it is time to play some games and have some fun. There will be two levels of play, which will be determined at the conclusion of registration from Youngest to Oldest. Coaches will be on the ice for the first couple of weeks to teach the players the rules of hockey and to help explain the game. This is a great opportunity to get out and get some game experience. This will be an 8-session program. There will be no checking at any level of play and full equipment is required.
- Who: All Instructional level players.
- When: The Instructional Scrimmage will play on Sundays and will start on Sunday, April 19 and conclude on Sunday, June 14 except for Sunday, May 24, when there will be no games. **Team assignments and season schedules will be posted on MYHA.ORG by April 15.**
- Time: The majority of the games will be Sunday afternoon slots: 4:25 PM - 5:25 PM and 5:35 to 6:35 PM. The youngest players will skate in the 4:25 PM slot and the older skaters will be in the 5:35 PM slot.
Exceptions are:
Apr 26: Younger group: 12:55 - 1:55 PM, Older group: 2:05 - 3:05 PM
May 10: Younger group: 9:40 - 10:40 AM, Older group: 10:50 - 11:50 AM
- Cost: \$340 per player for all levels.

Instructional Program

- What: Once a week clinic to introduce the new player to the fundamental skills of ice hockey. There will be a total of 8 sessions. The player needs to be able to skate at least at the basic level of forward skating and stopping. **Full equipment is required for this program.** A jersey will be provided for this program.
- Who: Any new player.
- When: The Instructional Program will be held at the Rockville Ice Arena. A player can only attend the program/rink he/she signs up for. Please note the exception on May 10.

The sessions at **Rockville Ice Arena** will follow this schedule:

Sunday	April 19	3:15 PM to 4:15 PM
Sunday	April 26	3:15 PM to 4:15 PM
Sunday	May 3	3:15 PM to 4:15 PM
Sunday	May 10	8:30 AM to 9:30 AM
Sunday	May 17	3:15 PM to 4:15 PM
Sunday	May 31	3:15 PM to 4:15 PM
Sunday	June 7	3:15 PM to 4:15 PM
Sunday	June 14	3:15 PM to 4:15 PM

- Cost: \$340 per player.

Checking/Defensive Clinics

- What: 8-session program that will meet once a week to improve the player's defensive skill. ***This clinic is NOT just for defensemen.*** The purpose of this clinic is to improve ***all players'*** defensive skills. Some of the skills that will be worked on include angling, fore-checking, back checking, body checking, stick checking, containment, defensive zone coverage, etc. These are important skills for all players. Full equipment is required for all the clinics.
- Who: Any player 9 years old and older who played Squirt last season. These clinics are highly recommended for current Second Year Peewees and Bantams as an added emphasis will be placed on the physical aspect of Hockey (i.e. giving and receiving Body Checks.) Players who will be Squirts and Peewees next year will work on body contact drills, as USA Hockey has increased the level of Body Contact allowed even though checking is not allowed until Bantam. There will be two clinics. Clinic 1 will be for players born 2007 and older. Clinic 2 will be for players born 2008 and younger.
- When: Both of these clinics will begin on Wednesday, April 15 and conclude on Wednesday, June 10, except for April 29 when there is no session.
- Time: Clinic 1 will meet from 5:50 PM to 6:50 PM.
Clinic 2 will meet from 5:35 PM to 6:35 PM.
- Cost: \$340 per player.

Power Skating Clinics

- What: There will be two power skating sessions: 10 & Under and 11 & Older. Full equipment is required for all clinics.
- Who: The focus of the Power Skating clinics is to develop strong fundamental skating skills. Heavy emphasis will be placed on Forward/Backward Stride, Edge Control, Forward/Backward Crossovers, Quick Starts, Speed, and Agility. Hockey Director Rob Keegan will make any final decisions as to the proper clinic for a player.
- When: There will be two dates/times for the power skating clinics offered.
 - **Thursday Power Skating Program** will meet once a week for 8 weeks starting on Thursday, April 16, and concluding on Thursday, June 11, except for Thursday April 30, when there is no session.
 - **Sunday Power Skating Program** will meet once a week for 8 weeks starting on Sunday, April 19, and concluding on Sunday, June 14 except for Sunday, May 24, when there is no session.
- Time: **Thursday Power Skating Program:**
 - Power Skating 10 & Under Session from 6:00 PM to 7:00 PM
 - Power Skating 11 & Older Session from 6:20 PM to 7:20 PM**Sunday Power Skating Program:**
 - Power Skating 10 & Under Session from 2:30 PM to 3:30 PM except as noted below:
 - Sunday, May 10 from 8:50 AM - 9:50 AM
 - Sunday, May 31 from 12:55 PM to 1:55 PM
 - Power Skating 11 & Older Session from 3:00 PM to 4:00 PM except
 - Sunday May 10 from 8:50 AM - 9:50 AM
 - Sunday June 14 from 12:10 PM - 1:10 PM
- Cost: \$340 per player for any clinic.

Stick Handling Clinics

- What: There will be two Stick Handling clinics: 10 & Under and 11 & Older. Full equipment is required for all clinics.
- Who: The focus of the Stick Handling clinics will be to develop strong fundamental puck skills. Heavy emphasis will be placed on proper stick handling techniques, puck protection, and deking skills. Learn to win the one on one battle. Hockey Director Rob Keegan will make any final decisions as to the proper clinic for a player.
- When: There will be two dates/times for the skills clinics offered.
 - **Thursday Stick Handling Program** will meet once a week for 8 weeks on starting on Thursday, April 16, and concluding on Thursday, June 11, except for April 30 when there is no session.
 - **Sunday Stick Handling Program** will meet once a week for 8 weeks starting on Sunday, April 19, and concluding on Sunday, June 14, except for Sunday, May 24, when there will be no session.

Stick Handling Clinics (continued)

- Time: **Thursday Stick Handling Program:**
 - Stick Handling 10 & Under Session from 7:10 PM to 8:10 PM
 - Stick Handling 11 & Older Session from 7:30 PM to 8:30 PM
- **Sunday Stick Handling Program:**
 - Stick Handling 10 & Under Session from 3:40 PM to 4:40 PM except as noted below:
 - Sunday, May 10 from 10 AM - 11 AM
 - Sunday, May 31 from 2:05 PM to 3:05 PM
 - Stick Handling 11 & Older Session from 4:10 PM to 5:10 PM except
 - Sunday, May 10, from 10 AM - 11 AM
 - Sunday Jun 14 from 1:20 PM - 2:20 PM
- Cost: \$340 per player for any clinic.

Skills Clinics

- What: There will be two Skills Clinics, 10 & Under and 11 & Older. These Skills Clinics will focus on the fundamental skills of passing, receiving and shooting. Both age groups will work on forehand pass, back hand pass, one touch passing, saucer passing, wrist shot and back hand shot. The 11 & Older session will also work on snap shot, slap shot, and one-timers. Both sessions will work on developing a quicker release as well as quicker decisions with the puck. Full equipment is required for all the clinics.
- Who: Any player who wants to improve their passing and shooting fundamentals, their accuracy and velocity with their shot, and making quicker decisions with the puck.
- When: These sessions will begin on Tuesday, April 14 and conclude on Tuesday, June 9, except for Tuesday, April 28 when there is no session.
- Time: 10 & Under Session from 6:55 PM – 7:55 PM
11 & Older Session from 5:45 PM – 6:45 PM
- Cost: \$340 per player.

Girls' Clinics

- What: This is an 8 session program that will meet once a week.
- Who: Players who are looking for an all-around clinic that will focus on improving individual skills (skating, stick handling, passing, and shooting.)
- When: These sessions will begin on Wednesday, April 15 and conclude on Wednesday, June 10, except for Wednesday, April 29, when there is no clinic.
- Time: Program will meet from 7:00 PM to 8:00 PM
- Cost: \$340 per player.

Goalie Only Clinics – Younger and Older

- What: There will be two sessions: 10 & Under and 11 & Older.
The 10 & Under program will focus on the basic goal tender skills of positioning, movement, and body/equipment positions.
The 11 & Older Program will work on these same skills but at a higher pace and teach the goalie different positioning in game situations. Full equipment is required for all the clinics.
- Who: Hockey Director Rob Keegan will make any final decisions as to the proper clinic for a player.
- When: This clinic will be offered on Tuesday night starting on Tuesday, April 14 and conclude on Tuesday, June 9, except for Tuesday, April 28, when there is no clinic.
- Time: 10 & Under Session from 6:00 PM to 7:20 PM
11 & Older Session from 7:30 PM to 8:50 PM
- Cost: \$340 per player for all levels.

Elite Clinics

- What: This is an 8 session program that will meet once a week that will focus on high intensity skill development. Over speed training, flow drill and small games will also be included in this clinic. Hockey Director Rob Keegan will teach these clinics. There will be 2 sessions:
 - Birth Year 2008 to 2011
 - Birth Year 2007 and Older
- Who: Players who played on travel teams or house select teams this past season and are looking for a high tempo clinic and have the skills to skate at this pace. Any female player from a girls travel team may participate. Hockey Director Rob Keegan will make any final decisions as to the proper clinic for a player.
- When: These sessions will begin on Wednesday, April 15 and conclude on Wednesday, June 10, except for Wednesday, April 29 when there is no clinic.
- Time: Birth Year 2008 to 2011 from 6:45 PM – 7:45 PM
Birth Year 2007 and Older from 7:55 PM – 8:55 PM
- Cost: \$340 per player for any clinic.

REGISTRATION

You will need your child's USA Hockey number when you register for the Spring programs. If you don't have it handy, go to:

<https://www.usahockey.com/registrationconfirmation>

Then register for the Spring program(s) using the registration link:

<https://rockvilleicearena.demosphere-secure.com/>

Rockville Ice Arena

50 Southlawn Court
Rockville, MD 20850

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