

## **WELCOME TO HOCKEY!**

So you're thinking about hockey. Great! We love seeing new faces around the rink. We can't wait to have you join our growing hockey family!

Visit **USA Hockey** (the national coordinating organization) for a wealth of information. It helps explain some of the basics of youth hockey. A good starting point on rules, penalties, terminology and equipment.

At Tornado Youth Hockey Association (TYH) our program starts with the Cross Ice or mite level. This covers ages 4-7 usually and is all about introducing kids to the ice and getting them comfortable being on skates.

Hockey is for both boys and girls. TYH offers 10U, 12U & 14U all-girls programs in collaboration with La Crosse and West Salem youth hockey, called Coulee Region Stars. In addition to these girls-only programs, girls also have the option to join any TYH age appropriate team (skating with boys).

If you have any questions about any program at TYH please contact (Amy Dzieweczynski at [amydziew@yahoo.com](mailto:amydziew@yahoo.com))

If you're ready to register, visit our website <https://www.tornadoyouthhockey.org/>

New to hockey? Click here: <https://www.usahockey.com/rulesandresources>

## HOCKEY LEVEL OVERVIEW

Each level of hockey provides a different number of practices, games, or tournaments for skaters to participate in. Below is a high-level overview of each program and its offerings. Activities held both during the week and on weekends. We generally follow [USA Hockey guidelines](#) and use USA Hockey and Ice Hockey Systems to guide practice plans. We also embrace guidance from the [Positive Coaching Alliance](#) for social and emotional support as our players grow within our organization.

### MINI MITES

This program is designed for skaters of all ages seeking an opportunity to learn the fundamentals of the game. A great chance to explore, learn, have fun and have **BE ACTIVE** without committing to a team. 2 sessions are available.

**Practices:** Twice weekly (set times with beginner mites) starting in November

**Games:** N/A

### MITE (8Y AND UNDER)

This level is designed for skaters to learn and master fundamental movement skills and an introduction of skating and puck control. These skills, with a combination of **FUN** games on the ice, build confidence in your skater. Practices typically ran on half ice with introduction to the goalie position for final year mites. Games occur at Jamborees and are anywhere from half ice to a third ice and run for 20 minutes. No mites will play on full ice per WAHA.

**Practices:** 1-2 set times weekly starting in November (1 on jamboree weekends)

**Games:** Approximately 7 Jamborees occur through the season

**Tournament:** Celebratory end of season, out of town tournament for players advancing to squirt level!

### SQUIRT (9Y-10Y) OR GIRLS 10U

This exciting stage of hockey provides skaters the chance to refine and master fine motor skills in combination with others to transform concepts from practices to competitive games and tournaments. This is the time to **LEARN TO TRAIN** for this sport. Focusing also on team building in a fun, safe, and engaging atmosphere. Games run on full ice and consist of three 12-minute periods.

**Practices:** Twice weekly (days and times rotate continually)

**Games:** Weekly (weekends)

**Tournaments:** One home tournament, 2 away, possibly more if team decides

### PEEWEE (11Y-12Y) OR GIRLS 12U

Continued **LEARNING TO TRAIN** with a focus on development and mastery of key hockey skills. Taking concepts and applying them to practices and games competitively. Skaters will begin to master their talents in similar surroundings from years past while maintaining a fun team environment.

**Practices:** 2-3 nights weekly (days and times rotate continually)

**Games:** Weekly (weekends)

**Tournaments:** One home tournament, 2 away, possibly more if team decides

### BANTAM (13Y-14Y) OR GIRLS 14U

The intensity ramps up at this level and players experience **TRAINING TO TRAIN** while applying all they have learned throughout the years. Focus on specific skills, supporting speed, strength, and stamina while maintaining flexibility. Fun and hard work combine here. Checking at this level for boys only.

**Practices:** 2-3 nights weekly (days and times rotate continually)

**Games:** Weekly (weekends)

**Tournaments:** One home tournament, 2 away, possibly more if team decides

## **PARENTS' GUIDE FOR YOUR HOCKEY JOURNEY**

WELCOME! You're in the right place and are happy to have new families and faces at the rink. We hope this document serves you as general guidance to the program.

### **SEASON DATES AND TRYOUTS**

Typically, the TYH season begins in October and ends by early March. As your skater advances, there may also be tryouts prior to the season to best determine placement on a team. All practices and tryouts are located at the Onalaska Omni Center.

### **VOLUNTEERING**

Any family new to the organization will have a 10-hour yearly requirement. All returning families have a 20-hour yearly requirement. There is an option to buy-out your volunteer hours.

### **FUNDRAISING SUPPORT**

In addition to volunteering, families will be required to sell (or purchase) raffle tickets (or any other means to fundraise) per year. This fundraiser helps assist in the continuation of the program. The number of tickets to sell will be decided annually and families are encouraged to sell as many as possible. Families are not responsible for the cost of unsold tickets.

### **HOW WE COMMUNICATE**

Please utilize the TYH webpage and Sports Engine for your main source of communication throughout the season. You will be added to a team group in Sports Engine and communicate via that app as well.

### **WHO TO CONTACT**

Most questions and concerns can be answered by coaches and fellow parents. However, each team is also equipped with a representative or team manager to assist. TYH also consists of board members and an executive board member to assist.

### **EXPECTED CONDUCT**

TYH expects parents, players, coaches, and spectators to display good sportsmanship and act appropriately as everyone is a representative of the organization.

### **WANT TO GET INVOLVED?!**

Be a part of the action! Ask your team manager how you can help! Board meetings are generally held Mondays in the Omni Center Board Room at 6pm, all are welcome.