

Welcome to the Peninsula Youth Hockey Association (PYHA)

Hockey Learn to Play Program Also called, "Hockey U"



Offered year-round. See website for current times and pricing

Always bring: Equipment, water, full stomachs, energy and attitude!

Equipment Checklist:

- | | | |
|---|--|-------------------------------------|
| <input type="checkbox"/> Skates | <input type="checkbox"/> Shin guards | <input type="checkbox"/> Helmet |
| <input type="checkbox"/> Over-shin, compression socks | <input type="checkbox"/> Hip pads (breezers) | <input type="checkbox"/> Neck guard |
| <input type="checkbox"/> Long sleeve "Under Armor" | <input type="checkbox"/> Hockey socks (and tape) | <input type="checkbox"/> Gloves |
| <input type="checkbox"/> Hockey shorts (protective cup) | <input type="checkbox"/> Shoulder pads | <input type="checkbox"/> Jersey |
| <input type="checkbox"/> Mouth guard | <input type="checkbox"/> Elbow pads | <input type="checkbox"/> Stick |

If you are not used to getting ready for hockey practice, please allow 30 minutes to get dressed, and be ready 10 minutes early for pre-practice discussion with coach and teammates. There is a lot of new equipment, excitement, uncertainty, and a lot of distractions in the locker room (which may also be a new experience) that tend to make it take longer than you'd expect. Eat before practice!

We will usually be sharing the ice with goalie practice or house mites (8U) 4-on-4. We will have a half sheet of ice dedicated to us; the goalies or mites at the other end. The mites will be similar in age, but advanced in skill – that's what your player likely aspires to – but don't let your child be get intimidated by those kids! Those kids all started right here in learn to play two years ago!



Questions to:

membership@prowlhockey.com

Coach will share his preferred contact methods at practice.

*The #:10 start time is to allow the Zamboni 10 minutes to prepare the ice. If the ice is in good condition, the coach may decide to begin early, #:00, after he sets up for practice. Ice time is precious – don't be late!



Frequently Asked Questions

- 1. Do we really need all of that equipment?** *Yes, on the ice you do. Do you need to buy all of that? Maybe not. PYHA has loaner equipment, but it is used, and over the years has been lost or damaged and disposed of, so it is not consistent. PYHA will provide loaner equipment as best as we can. As your child learns to love hockey, they will want their own equipment. Piecemeal purchasing tends to be easiest on the wallet.*
- 2. Where do I get equipment?** *PYHA loaner if you can. If not, the least expensive tends to be at “Play it Again Sports” on Jefferson Avenue between Toys-R-U’s and Bed Bath and Beyond, but the equipment is used, and so their selection can be limited. The Pro Shop at IcePlex has new equipment, nothing used, but a good selection of starter level gear and the ability to try it on for size. HockeyMonkey.com and other similar online sites have the full spectrum of starter and high end equipment, in all sizes and colors, but takes advanced planning to allow time for shipping, and sizing can be tricky for hockey equipment. A mix of all of these options is typical.*
- 3. How do we put this stuff on?** *Check out link: [USA Hockey](#) for a video tutorial; though the tutorial skips neck and mouth guards – both needed, and pretty self-explanatory. Coaches and other parents will be there to help, just ask!*
- 4. My child can’t do all this themselves, can I help in the locker room?** *Yes, that is expected. The coaches will help with specific questions, but will not dress your child. Yes, moms are allowed in the boys locker room for Learn to Play. It is better to use the locker room where you can observe others and get help, than trying to use the bleachers outside the rink because Mom is uncomfortable going into the boys locker room. No camera phones though please (some find struggling with gear cute or memorable... it is... but not an appropriate Kodak moment). Locker room 1 is the last on the left from the front. There is a girls locker room at the front end of the rink for our female players.*
- 5. Should they wear a sweatshirt or jacket underneath?** *No! Your child won’t be cold if they have all the right gear. A long sleeve Under Armor or similar tight fitting shirt is all they will need on their torso, and hockey shorts with protective cup should be worn only on their lower half. Compression socks that cover the shin are best to ensure the shin guard straps don’t chafe. No jackets, no jeans, no hoodies, no sweat pants – they will be fine.*
- 6. I forgot water, is that bad?** *Yes. Don’t forget your water bottle. Hockey is a strenuous physical activity, and your child will sweat and need to replenish fluids. Coming off the ice for the water fountain is time consuming and challenging for the coaches to keep track of the kids. Stay on the ice. Bring water. The kids have a tough time managing the helmets themselves, so tend to need water bottles that squirt or that have a built in straw. Squirted red Gatorade all over coach, teammates, and the ice isn’t really that cool... please stick to water at this age level.*
- 7. The IcePlex signs say Hockey Players use the back door. Does that include us?** *Yes.*
- 8. Are we on the Prowl?** *Yes. You are an important piece of our Prowl family, and your child is on “Prowl Learn to Play”. We expect that with our help, your child will grow to love hockey, develop skills, and join the Prowl House league in the Fall, and maybe eventually the Prowl Travel league.*
- 9. Why the mixed ages? I’m concerned by child will be hurt by a larger kid.** *Don’t be concerned. There is no contact at this age, and the kids are of similar skill levels. Not to mention your child is covered in protective padding. Our coaches watch for overly-physical play. There is no checking allowed in Learn to Play, and none at the earliest levels of competitive play either. There will be some falls, and some bumps, that is part of the game, and part of the fun!*
- 10. Are there games?** *Coach will likely use some practice time to scrimmage so the kids get used to tracking the puck and other game skills, but there are no formal games until you advance to Prowl House Hockey in the Fall. Learn to Play is practice only.*

Frequently Asked Questions, continued...

11. **Will we need to try out for House Hockey?** *First, slow down! But no, not really; there are no cuts or try-outs for House, but your player will need to pass the coach's skating assessment. Some kids can be in Learn to Play for a year or more, but with hard work, a few sessions should be enough. If your child sticks with this program through the summer, with some additional public skating practice time, it is likely they will be able to play for the House Program this Fall. Travel (Select) Hockey is a more serious level of time and financial commitment offered by the EVHL to which the Prowl belongs, and there are try-outs for Select Hockey; however, the next step from Learn to Play is House Hockey.*
12. **When does House Hockey start?** *Signups open in the late summer – usually August. Practices start in September, and games in October. There are roughly 40 practices, and 14 games in a House season, October through February.*
13. **Do I get a Prowl Jersey?** *Prowl jerseys are not required, nor even recommended for Learn to Play (over \$100 for custom Prowl jersey set). You will need to buy Prowl home and away jerseys when you advance to House hockey. There are periodic fitting sessions throughout the year. The jersey numbers are also managed for others of the same age so we don't duplicate. You will need a basic jersey and socks for practice. Prowl typically has some USA Hockey practice jerseys available for free, but only in large youth size presently. Inexpensive (\$15) practice jerseys can be found in the Pro Shop or at HockeyMonkey.com, or similar.*
14. **Can I wear an NHL Jersey to practice?** *That is acceptable, and up to you.*
15. **I've heard Hockey equipment needs special upkeep. What is that about?** *It's all about the ice! Your child's equipment will go home wet after practice from sweat and falls on the ice. If you leave the gear zipped in the bag after practice, you will develop an interesting aroma called "hockey smell" that may impact your player's ability to make friends (outside of hockey at least). At a minimum, open the bag to allow gear to dry out after practice. A drying rack is not an uncommon practice and teaches player responsibility. Hockey gear can be washed, just ensure the Velcro straps are fastened so they don't stick to jerseys or socks in the washer or dryer.*
16. **My child wants to be a goalie? What should I do?** *Slow down! We do not teach goalie skills in Learn to Play. Learn the basics first. The Prowl does offer dedicated practices and training to develop young goalies, in addition to their usual house or travel practices. Presently, that training is at the same time as Learn to Play, so they cannot do both right now. But don't worry, goalies are always needed, and a "try-it once" rotation is typical at mite house levels.*
17. **What the difference between "Hockey U" and "Learn to Play"** *There isn't any. Simply put, the IcePlex also offers a Learn to Play program for adults looking to get into adult leagues. To differentiate ourselves, and reduce confusion, we are changing the name of our program. It will be in transition over the next year, and the terms may be used interchangeably for a while.*

More questions? Just ask or email! We want your player to have a great time with Prowl Hockey! And we want our Prowl parents to be confident and well-informed about all things PYHA!

