



WESTONKA Hockey Rookie Camp 101

Welcome to Rookie Camp, a program co-hosted by Westonka Community Ed and the Mound Westonka Hockey Association (MWHHA). This document will help answer some questions and help you feel more comfortable and confident as you and your skater prepare for Rookie Camp. If you have additional questions, please contact Ryan VanBockel at rvanbockel@gmail.com

Website

- www.westonkahockey.org is the MWHHA website. If you are interested in signing your skater up for the MITE/WARRIOR hockey season this year, please look at the site as it will answer a lot of your questions.
 - The first year of association hockey is FREE. 1st year hockey players' registration fees are graciously sponsored by the Thaler Family Foundation.
 - If you have other questions about Mite (boys) or Warrior (girls) hockey, please contact Ryan VanBockel

Where?

- Rookie Camp will take place at Thaler Ice Arena. This is the ice rink at the Mound Westonka High School. The entrance is near the tennis courts on the west side of the High School.

When

- There are two Rookie camp sessions. Each is for 40 Mins, and runs 6 consecutive Saturday mornings, Sept 6th to Oct 11th, 2025.
 - Session 1 is 9:15 am – 9:55 am
 - Session 2 is 10:00 am - 10:40 am

General and Ice Rink Rules

- Rookie Camp is for first year Hockey Players (have never played association hockey before)
 - It provides a great opportunity for kids to work on their skating skills, wear the equipment, and try out hockey prior to the full winter season.
- Returning Mites entering Kindergarten or 1st Grade may sign up for the "Returning Mini Mite" Program.
- Register for Rookie Camp online via the Community Ed website.
- Bring your own water bottle.

Gear



- Protective Outer-Gear is provided, if desired. All players need to provide their own undergarments, skates, mouthguard, and neck guard.
 - If needing protective equipment, complete google form.
 - A date will be coordinated to come try on and pick up gear at Thaler prior to the first Rookie Camp Session.
 - Gear is first come, first served.
- Here is a helpful video for gearing up your skater:
<https://www.youtube.com/watch?v=wyxRLSJ2Ymw>
- If your skater decides to continue playing hockey for the winter season as a Mite skater, you have the option of renting the gear from the Association or purchasing your own gear.
 - Pure Hockey, DICKS, HANUS Sports, Scheels, General Sports, Play it Again Sports, Facebook Marketplace, and Sideline Swap are all good options for new and used equipment.
- **Skates** are THE most important piece of equipment for young skaters. Correctly sized skates are crucial for new skaters to learn how to skate and use their edges. When getting a pair of skates, focus on the correct size. It is better to get a less expensive pair of skates that fit correctly than expensive skates that are two sizes too big.
- When tying skates, they should be tight enough to support the foot and ankle, but not too tight as to cut off blood flow to their toes.
- Skates need to be sharpened periodically, generally every 6-10 hours of ice time, but that varies based on the skater and how aggressive they are on the ice. You can get your skates sharpened at any hockey/sports store.
- Sticks: All Rookie Camp participants will be given a wood straight stick from MWAH if desired.. It is the skaters to keep afterwards.
 - When you buy a stick or get one from the Association, they will often not be the right length for your skater. To fix this, remove the plastic/rubber end cap (should pull out), and hold the stick up to your skater. You want to cut off the top of the stick, so it is between the chin and nose of your player when they stand without skates on. Then, replace the plug/cap, and tape your stick.
 - Here is a helpful video for choosing and sizing a stick:
<https://www.youtube.com/watch?v=QZA15v7sOoY>
 - Here is a video on taping a stick:
<https://www.youtube.com/watch?v=pO5SVq-9EhU>
 - Here is another on taping:
<https://www.youtube.com/watch?v=zshBLyAoLjs>

Jersey and Hockey Socks

- Skaters will be provided with a jersey, hockey socks, a stick (if requested), and long-sleeved T-shirt to keep.



- Recommend looking closely at the size table provided, and if in doubt, go up a size. Your child will be wearing gear under their jersey, and if needed we can roll up their sleeves or tape the sleeves up if they are too long
- Hockey socks (the big footless coverings that go on the outside of the shin-guards) will be provided to each skater to keep.

Coaches and the Association

- The coaches and parent helpers on the ice during Rookie Camp are all volunteers.
- With that in mind, it is expected that all parents and skaters are polite, even if upset or disagreeing with a coach. Parents and skaters have the right to the same politeness from the coaches and board members.
- If a situation arises where you need to contact someone above the coach, feel free to contact Ryan VanBockel as the Rookie Camp Director.

If you have any questions regarding Rookie Camp or Mite (boys)/Warrior(girls) hockey, please do not hesitate to contact Ryan VanBockel at mites@westonkahockey.org We hope you enjoy Rookie Camp!

Mound Westonka Youth Hockey Association

