



2023 - 2024 8U & 6U
Parent Information Night

WELCOME

Agenda



- Welcome & Introductions
- Minnetonka Mite Hockey Goals (team and parent)
- New This Year
- MYHA Program
- Ice Time
- Age Classification
- Evaluations
- Coaches
- DIBS Requirements
- Q&A

Introductions



Jerry Mitchell – Girls Mite Director
Email: girlsmitedirector@tonkahockey.org





Leave This Place Better Than You Found It



MYHA Mite Goals



Create a positive atmosphere

- Have fun – lots of smiles
- Foster a love of the game
- Make new friends
- Maintain good sportsmanship

Learn the fundamentals

Develop hockey skills

But most importantly, *have fun!*



MYHA Parent Expectations



- Encourage your child to show up and play
 - Each team gets 2 to 3 hours per week
- Promote a positive atmosphere
 - Cheer for our teams in a respectful manner and do not cheer against others
 - Don't be overly critical of your child's play while on the ice or afterwards
 - Consider the 24-hour rule vs coaching from the front seat on the ride home
 - The outcome is irrelevant to the process of learning to play the game (there are other ways to celebrate such as showing up for a 7am practice vs winning a game)
- Be kind to referees
 - These are young kids learning the game and they should be treated with respect even if you don't agree with them
- Volunteer to get involved
 - Coach, team manage, run the clock or box



2023-24 Year Expectations



Special Hockey Experiences

More information on the next slides



Minnetonka Girls Mite Memo

Monthly communication which highlights events, activities, Varsity Skippers info, and outside hockey opportunities like camps



Goalie Clinics for 8U girls Interested in Goalie

Monday nights starting in January



8U Optional Shooting Practice/Dry Land Training



Weekday Evenings at Starting in November



Varsity Team

- Mentor relationships with Varsity teams
- 3 Flag bearers each home game (assigned by team, then seniority)
- Team pictures in varsity program
- Youth day
- 1 to 2 key events
 - Last year we did cookie decorating for Valentine's day



New Mite Rules

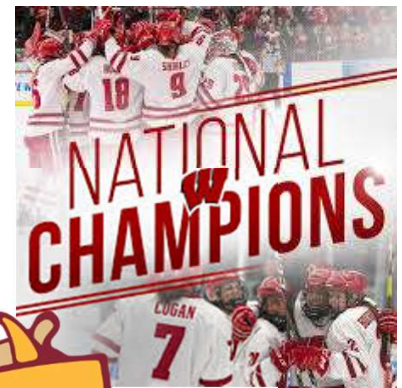


- **January 15 or later for full ice games (5 max, 8U only)**
- **Intermediate nets only (4x3)**
- **Tag up rule after goals (no center ice faceoff after start of game)**
- **No keeping score**
- **Shift horn every 60 seconds (for 6Us) and 90 (for 8U)**
- **Only one away jamboree**

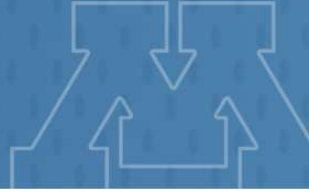


MYHA at Ridder

- Save the date!
- Minnetonka 8U and 6U night at Ridder Arena
- We are buying tickets for Girls Mites
 - *Link for signup to follow in the MYHA Girls Mite Memo*
- **Saturday, Dec 9, 2023 @ 2pm**



Team names



8U	6U
North Stars	Stingrays
Moose	Sea Otters
Gophers	Dolphins
Whitecaps	Narwhals
Mavericks*	Swordfish*



MYHA Program



- 1,106 players currently registered.
(Will come close to 1,200 after HS tryouts end)
- Preschool to 12th grade

34 travel level teams

- Bantams/15U (8th/9th graders)
- Peewees/12U (6th/7th graders)
- Squirts/10U (4th/5th graders)



5 Junior
Gold/19U teams
(10th-12th graders)

2 Termite Groups

32 Mite teams
(girls and boys)



2023/24 Mite Teams

Number of teams are dictated by the number of players registered

We will have (tentatively):

- 4 6U Team
- 5 8U Teams – 2 Adv and 3 Inter
- 4 Mite 1 Teams
- 6 Mite 2 Teams
- 12 Upper Mite Teams – Adv/Inter will be determined after evaluations



Numbers vs LY



	TY	New	this time LY	LY total	teams	per team
6u	49	14	65	72	4	12.3
8u	65	4	63	65	5	13.0
	114	18	128	137	9	

	TY	New	this time LY	LY total	teams	per team
M1	56	17	84	87	4	14.0
m2	90	14	66	70	6	15.0
M3/4	163	16	151	155	12	13.6
	309	47	301	312	22	



Age Classification



BOYS TEAMS

LEVEL	BIRTH DATE RANGE
Junior Gold	06/01/2004 - 05/31/2008
Bantam	06/01/2008 - 05/31/2010
Peewee	06/01/2010 - 05/31/2012
Squirt	06/01/2012 - 05/31/2014
Upper Mite	06/01/2014 - 05/31/2016
Mite 2	06/01/2016 - 05/31/2017
Mite 1	06/01/2017 - 05/31/2018
Termite	06/01/2018 - 11/01/2019

GIRLS TEAMS

LEVEL	BIRTH DATE RANGE
19U	01/01/2004 - 05/31/2007
15U	06/01/2007 - 05/31/2010
12U	06/01/2010 - 05/31/2012
10U	06/01/2012 - 05/31/2014
8U	06/01/2014 - 05/31/2016
6U	06/01/2016 - 05/31/2018
Termite	06/01/2018 - 11/01/2019



Upper Mites



- Upper Mite/8U teams are formed after evaluations (w/e Oct 14-15 for 8Us)
 - Timed skating drills determine placement
 - Ensure teams are balanced
 - School of attendance will be considered
- There is no difference between ice times and opportunities for any child at 8U



Lower Mites

- 6U: Kindergarten and 1st graders (2-year window)
- Playing level is determined by birthdates (June 1- May 31)
 - USA Hockey/MN Hockey regulated – players can “play-up” with grade level peers. NEVER down.
- Lower Mite teams are formed:
 - School of attendance
 - Balance coaching resources
 - Teams are not tiered



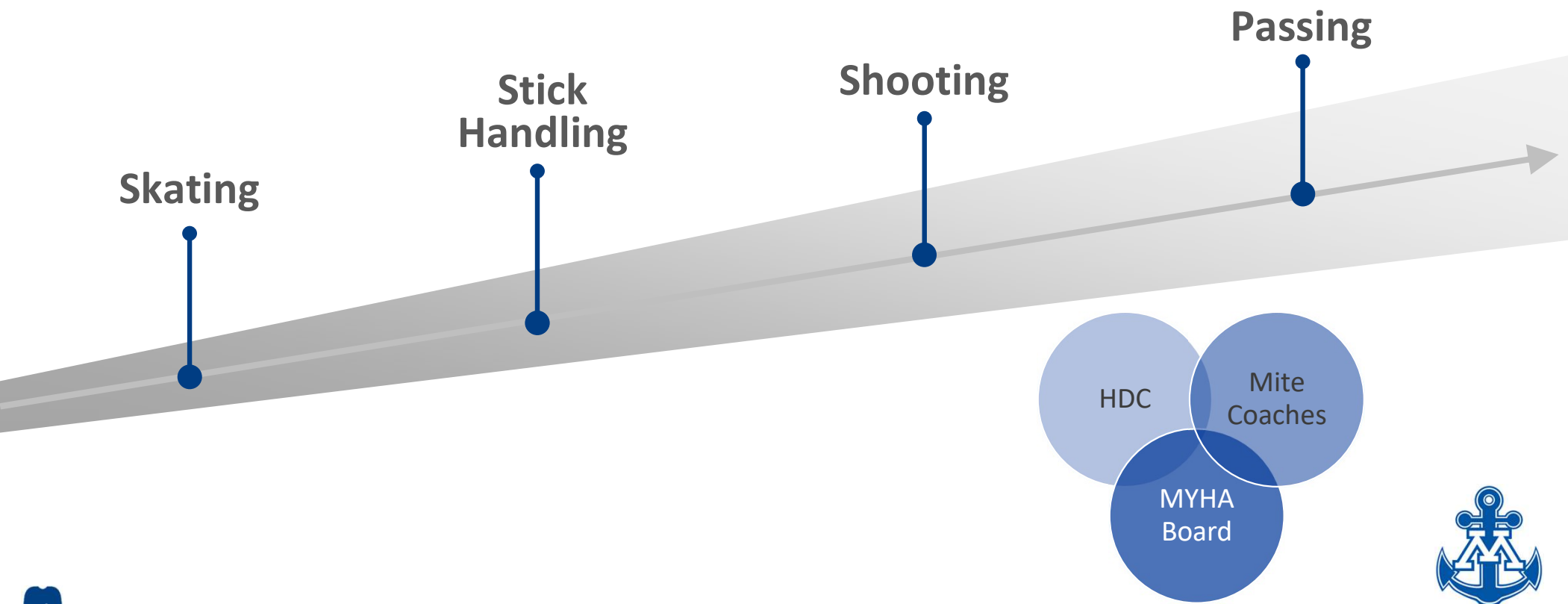
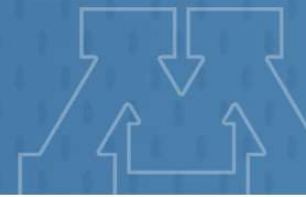
Ice Time



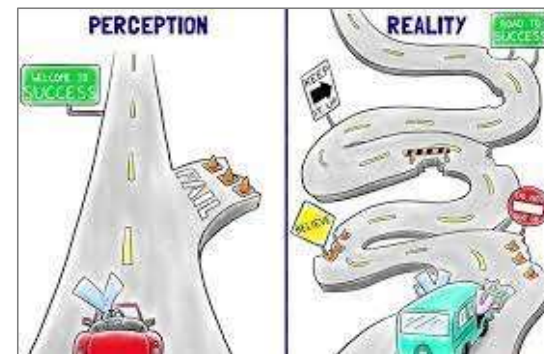
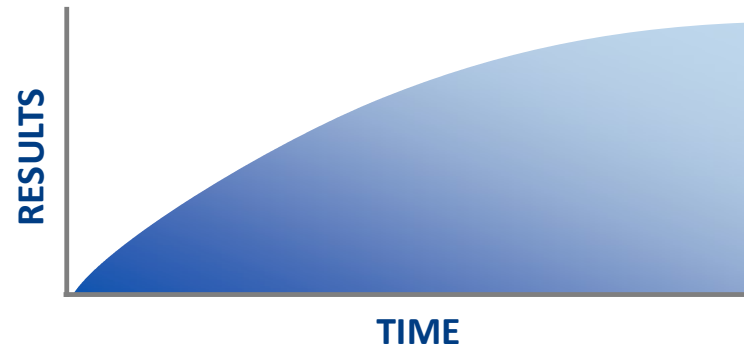
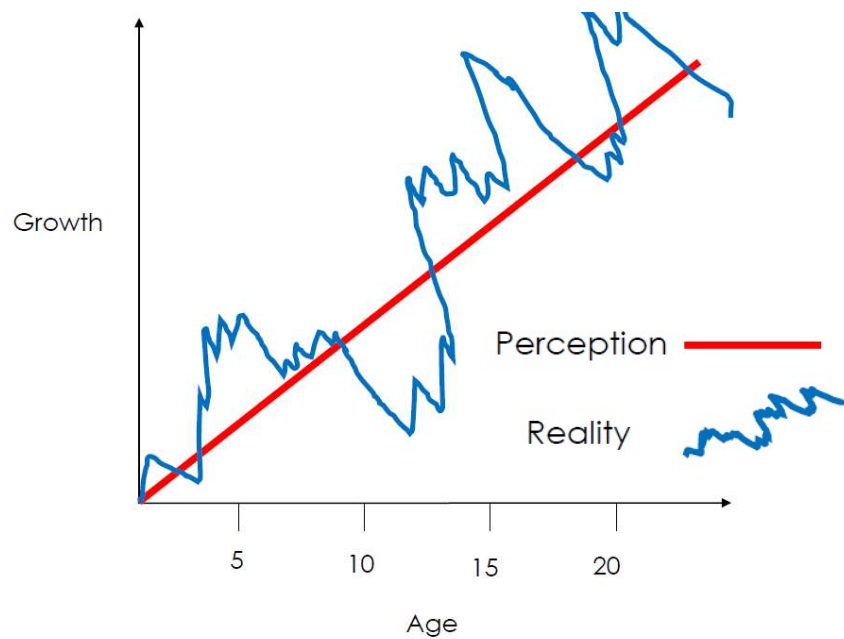
- Indoor Ice – Minimum 2 times per week
 - Saturday/Sunday
 - Mondays at Velocity (EP) for Upper Mites/8U only (once a month)
 - Weekdays at Dick's Sporting Goods (starting mid Nov)
- Outdoor Ice – one weekday once the weather permits for 6Us. The outdoor practice schedule is determined by the team manager of each team.
- Games are mostly half/cross ice, with some $\frac{3}{4}$ ice, and full ice games coming at the end of the year
- Games/scrimmages will start in December (in-house) and then in January we will add other associations

Max # of full ice games after January 15th is 5 (MN Hockey Regulation)

MYHA Development



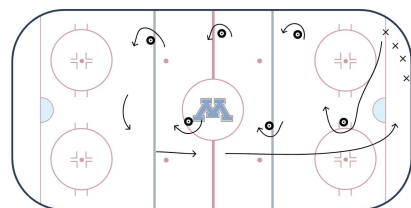
Hockey Player Development



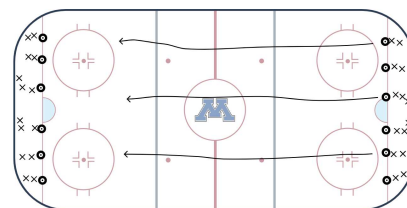
Practices and Games



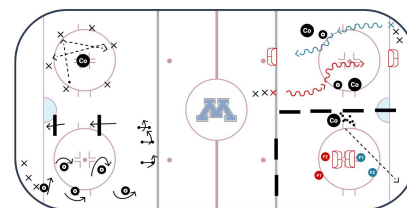
PRACTICES



Underspeed

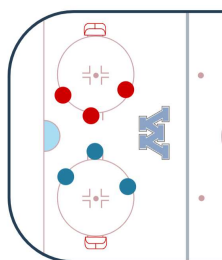


Overspeed



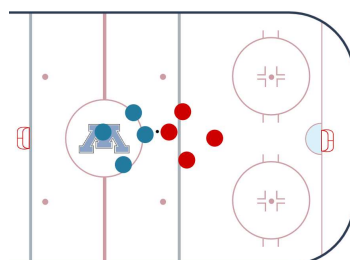
Station Activities

GAMES



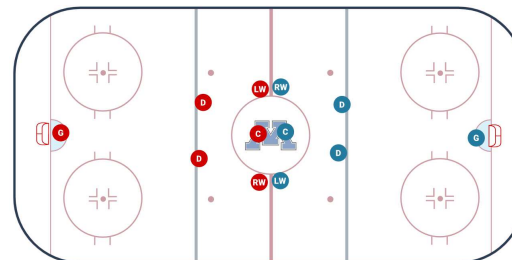
3v3

Cross Ice



4v4

3/4 Ice



5v5

Full Ice



6U



8U



Evaluations, October 14 & 15



- 3 Timed skill stations
- Coaches at each station timing the skaters
- Please make sure to use the assigned locker rooms
- Parents can not time their own child
- These drills will be conducted at the October 14th and 15th sessions.
- These evaluations are intended to help determine that teams are competitively balanced within levels
- If your daughter can't make this weekend's ice times, let Jerry know, and we will work to place her around a similar peer

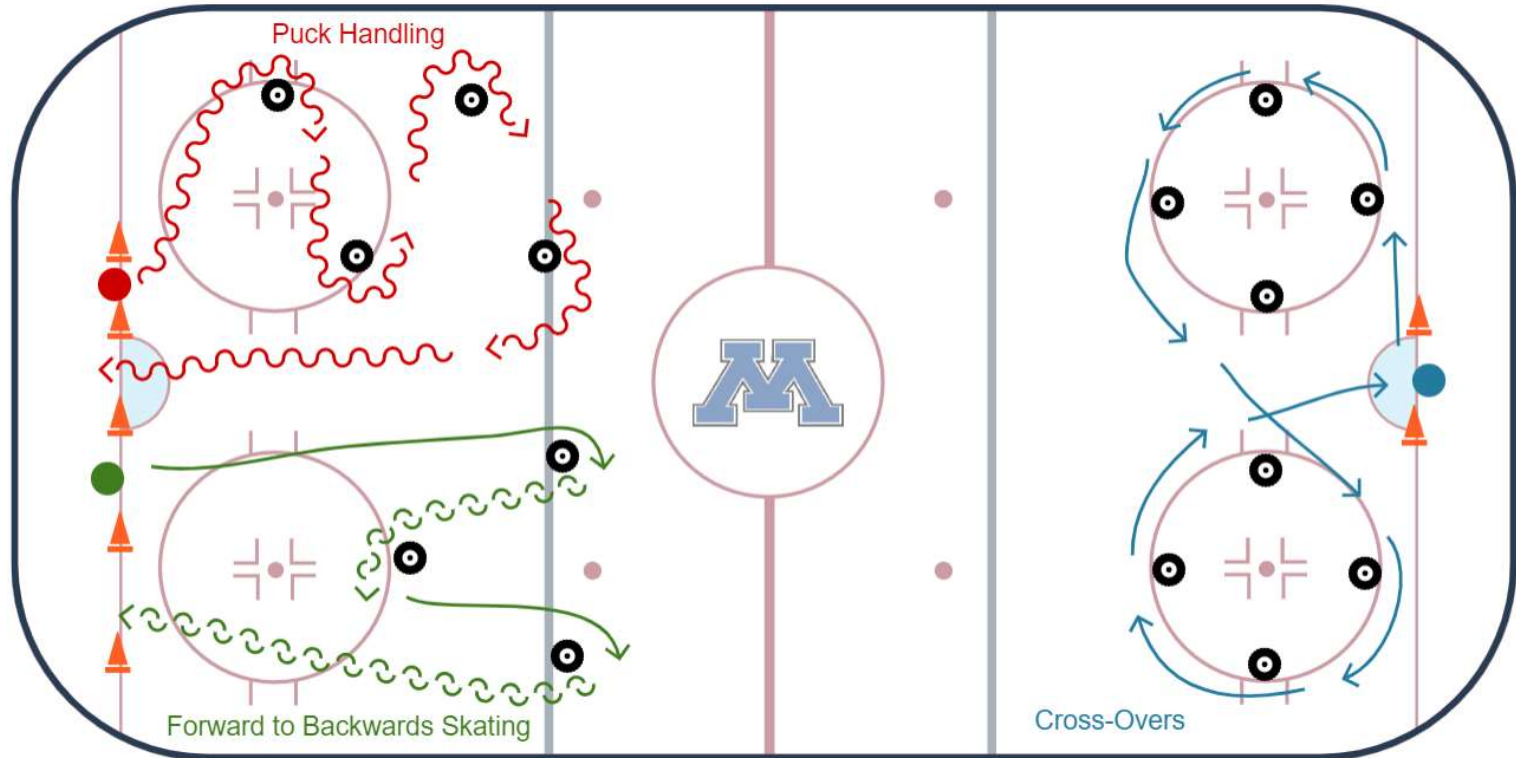


PUCK HANDLING

(3x, if player falls allow one re-try) – Start on goal line, carry puck around four cones and back across start/finish line

CROSS-OVERS

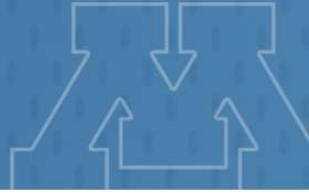
(3x, if player falls, allow one re-try) – Start on goal line, complete figure-eight (no puck) and back across start/finish line



FORWARD TO BACKWARD SKATE

(3x, if player falls allow one re-try) – From stationary position, go forward to the first tire, then backwards to the next, then forwards, and then finish backwards. Clock stops when skater crosses Red line.

Team Creation



- At 8U, we will break out the teams into 2 levels: Advanced & Intermediate (Ice time and other training opportunities will be the same for all 8Us regardless of level)
- Placement will be strictly time based on results from evaluations, in conjunction with the HDC
- This will mean that some 2nd year 8Us will play on an intermediate team
- We want girls to skate on the best team for them that will most closely match their ability. This can be a great place to gain more confidence, get more puck time, try out new skills on the ice, and be a team leader



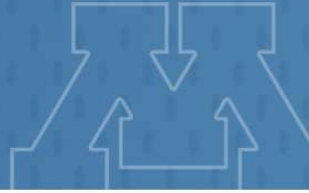
Minnetonka Mite Jamboree

- One, big event for all levels during the same weekend
- March 8-10, 2024
- **VOLUNTEERS NEEDED**
 - Several opportunities
 - We can tap into all MYHA resources
 - Fundraising
 - Sponsorships
 - Facilities



Coaches

- Can never have enough coaches for this year and future seasons.
- Volunteer hours for 1 Head Coach and 3 Assistant Coaches per team.
 - BUT, We can roster as many coaches that have completed USA Hockey requirements and want to help.
- Must be rostered to be on the ice.
- Requirements (All reimbursable, most through MYHA)
 - Registration
 - SafeSport
 - Background Check
 - USA Hockey CEP – Level 1 for all mite levels, can be expired
 - Age Level Module
- Mandy Whiteside, MYHA Registrar, registrar@tonkahockey.org



Coaches

- Coaches don't need skating experience
- Coaches biggest job is to work kids through station drills
- We will follow practice plans from the HDC (similar to the one below)

11:49
Mail

IHS SIGN UP LOG IN

Practice shared by jerrym30

UPPER MITES - GLADIATOR

M OCT 29 2022

PRINT / DOWNLOAD SAVE TO MY PRACTICE LIBRARY

PRACTICE NOTES

A chance for Mites to work on 1v1 battles and core skating skills

Establishing the Outside ...

ESTABLISHING THE OUTSIDE EDGE

UPPER MITES - GLADIATOR

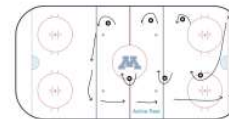


October 29, 2022

A chance for Mites to work on 1v1 battles and core skating skills

6 Tires edgework

Station #: Time: 15 Minutes

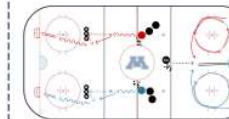


Kids work on edgework around each tire, then come back and go again, working on the following:

1. Inside edge
2. Powerturn
3. Outside Edge
4. Mowhawk turn
5. Forward to backwards
6. Stops at each tire

Overspeed drill 1

Station #: Time: 15



1. ****Read and React Tire Pass****
- Kids pass off tires and then shoot on net

2. ****Overskate race to shoot****

Kids go around the circle and race to a puck

1v1 Ring Football

Station #: Time:



Kids flip their sticks over and battle for a ring, fighting to skate it first through the tire gate, in either direction. Encourage kids to really pitchfork the others stick to get the ring back (try pucks too).

1v1 Continuous

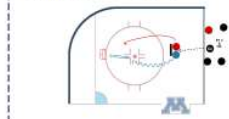
Station #: Time:



One kid is a forward, one on D, and they battle. If the D passes to the next kid, the forward drops to a knee and is now on D. If the forward scores, they shift to D and another starts. 20 second max. Have to be in circle to shoot on net

Hip-to-Hip Battle

Station #: Time:



Kids stand hip-to-hip on a pad (or the boards), and then battle for a puck and try to score. Kids must be in the circle to shoot.

1v1 Tag Up

Station #: Time:



Kids battle 1v1, having to bring the puck outside the circle to tag up, and then once they bring the puck back inside the circle, they can try to score. Kids go hard for 20 seconds, then switch.

Volunteer Requirements

- 8 Hours per Player, Termites excluded
- Team related options for fulfilling volunteer hour
 - Coaching: Head Coach & Assistant Coach – hours assigned by head coach (*usually 4-16*)
 - Team manager – 4 hours
- DIBS system -
http://www.tonkahockey.org/dib_sessions
 - Watch for MYHA email blasts for newly posted sessions
- Buy-Out Option, at the time of registration, \$500/player
- Hours must be claimed by March 31, 2024 or families will be billed \$75/hr for uncompleted hours.
 - No Shows and Cancellations (short notice) are also subject to \$75/hr for missed time (depending on role)
 - Account balance resolved before beginning of 2024/25 season.



Team Managers



- This is a fun position that helps you get involved with the team
- Responsibilities
 - Help the head coach with communications
 - Build team spirit among players and parents.
 - Plan team gatherings
 - Coordinate team apparel
- Contact your Head Coach the week after teams are announced or let Jerry know

Communication

- Mite Memo
- Confirm parent email addresses are accurate in SportsEngine
 - Association wide and level specific email communications from MYHA are sent to the primary email listed in the account.
- General Mite/6U/8U information
 - www.tonkahockey.org -> Home -> Mite/Termite/8U/6U/Info
- MYHA Instagram account: tonkahockey



Minnetonka Youth Hockey Association

Girls Mite Memo

January Edition

Important Upcoming Dates

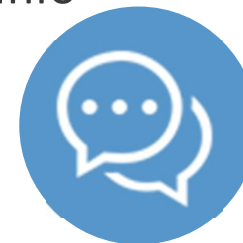
Skippers vs Trojans day - Feb 4 (varsity game at Noon)

Valentines fun with the Skippers - Feb 4, immediately after the Varsity game

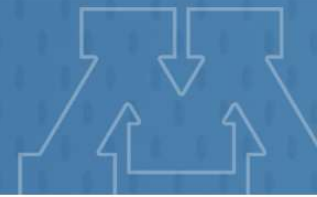
MYHA Safety Meeting - Feb 8 (parents only)

Varsity Girls First Sections Game - Feb 10 (playoffs!)

Mite Jamboree (season ends) - Mar 10-12, 2023



Equipment



REQUIRED EQUIPMENT:

- Hockey Helmet with full face shield or cage
- Mouth guard
- Neck guard
- Shoulder pads
- Elbow pads
- Hockey gloves
- Protective cup (boys) Pelvic protector (girls) - shorts with pad in front and Velcro that holds up socks
- Shin pads
- Breezers (hockey pants)
- Skates
- Hockey Stick - Youth, Junior

SUPPLIED BY MYHA:

- Hockey socks
- Minnetonka Jersey

RECOMMENDED:

- Bag to carry equipment
- Skate guards
- Hockey tape (for taping hockey stick)



Sticks

- Stick length should extend from the ground to a player's nose (with skates off). If the stick is below the chin, it's too small.
 - Too short impedes development, too long and its harder to stickhandle
- If buying a new stick, the HDC recommends:
 - CCM Pattern 29 or Bauer Pattern 92 (or equivalent curve in other brands)
 - These curves are great overall for shooting, passing and stickhandling
 - Flex number should be $\frac{1}{2}$ a player's weight
 - For example, an 80 lbs player would want a 40 or 40 flex
 - CCM has good 30/40/50 flex options we like because they have a decent size and a square shaft that doesn't spin in their hands
 - Flex may change as the player gets older, depending on strength and torque generated, etc.



MYHA Ice Rinks



Pagel Activity Center (PAC)

- Rink 1
- Rink 2

Minnetonka Ice Arena (MTKA)

- Rink A
- Rink B

Velocity



Minnesota Hockey



6

Minnesota Hockey District 6

Bloomington
Chaska/Chan
Edina
EP
Minnetonka
New Prague
Prior Lake
Shakopee
Waconia

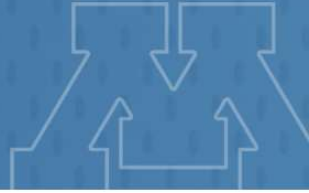
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Minnesota Hockey District 3

Armstrong Cooper
Delano
Hopkins
Minneapolis
Mound Westonka
North Metro
Orono
OMGHA (Osseo Maple Grove)
St. Louis Park
Wayzata



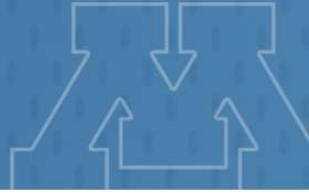
Additional Information



- Minnesota Hockey: webpage for families new to hockey
 - <http://www.minnesotahockey.org/page/show/1269344-resources-for-new-hockey-parents>
- USA Hockey: webpage for families new to hockey, Parent Handbook
 - <http://www.usahockey.com/newparents>
- USA Hockey: American Development Model
 - <http://www.admkids.com/page/show/903709-parents>
- District 6 Hockey
 - <https://www.d6hockey.net/page/show/84883-home>



Questions?



Good Luck This Season!

