



**2023-2024 Mite/8U Season
PARENT INFORMATION
MEETING**

Agenda

- Welcome & Introductions
- Mission and Goals of Mite Hockey
- Mite Levels & Fees
- Communication
- Pre-Season Clinics and Evaluations
- Season Timeline
- Player & Parent Expectations
- DIBS Hours Requirement
- Player Development
- Questions



Mite/8U Team

Mike Tucker
Mite Director

Brian Christian
8U Director

Patty Walters
Growth Director

EPHA Mission



The Eden Prairie Hockey Association's mission is "Player & Goalie Development." We are 100% committed to providing our athletes with the best possible age-appropriate training and coaching so they can fully realize their athletic potential.

Through the fulfillment of our mission, we prepare our athletes to compete with excellence on our boys' and girls' youth and high school hockey teams.

Every decision that is made by the EPHA board is governed by USA Hockey's guidelines for Long Term Athlete Development. From team structure and bench philosophy to practice plans and dryland training programs, USA hockey has compiled decades of data and science to help guide how we at Eden Prairie develop young athletes.

EPHA BOARD GOALS

- ❖ Communication & Transparency
- ❖ Player & Goalie Development
- ❖ Growth & Retention



Goals of Mite/8U Hockey

- ❖ Create a positive atmosphere
- ❖ Foster a love of playing team sports
- ❖ Learn the fundamentals of hockey
- ❖ Develop sportsmanship and work ethic
- ❖ Learn responsibility and leadership
- ❖ Make new friends
- ❖ Learn through structured chaos
- ❖ Most importantly **HAVE FUN!**

Mite/8U Levels



8U LEVELS (GIRLS)

Level	Guidelines	Fees
8U 1	players new to hockey in K-1st grade first year of 8U	\$400
8U 2	players with 1-2 years previous 8U experience primarily 1st graders and 2nd & 3rd graders new to hockey	\$400
8U 3	players with 2-3 years previous 8U experience primarily 2nd-3rd graders, based on evaluations	\$700

MITE LEVELS (BOYS)

Level	Guidelines	Fees
6U - Mite 1	players new to hockey in K-1st grade first year of Mites	\$400
6U - Mite 2	players with 1-year previous Mites experience primarily 1st graders and 2nd graders new to hockey	\$400
8U - Mite 3	players with 1-3 years previous Mites experience primarily 2nd-3rd graders and 3rd graders new to hockey	\$700
8U - Mite 4	players with 2-3 years of previous Mites experience 2nd-3rd graders, based on evaluations (1st Graders are not eligible)	\$700



Where do my Fees go?

Direct Costs (~90%)

- ❖ Ice time
- ❖ Jamboree Fees (partial)
- ❖ Mite Evaluations
- ❖ Mite Day
- ❖ Jersey/Socks

Indirect Costs (~10%)

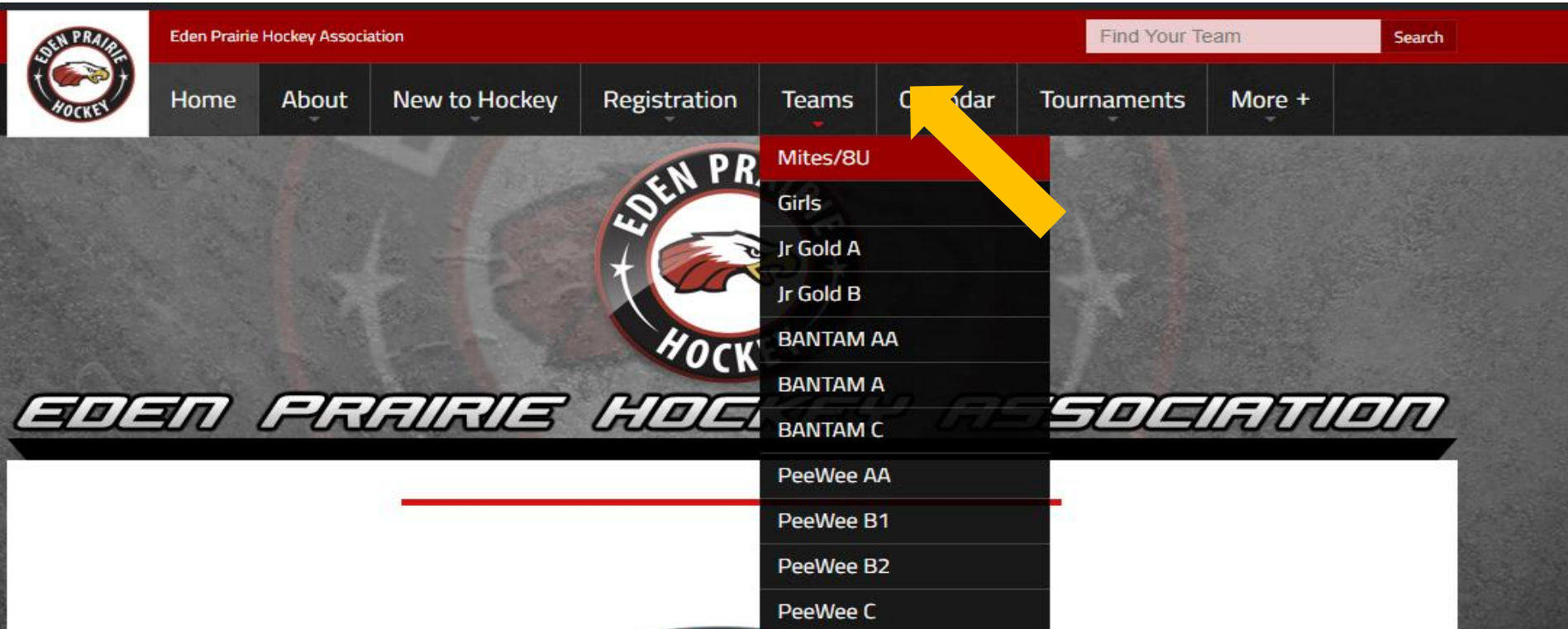
Each team's share of EPHA overhead costs:

- ❖ Professional fees
- ❖ Insurance
- ❖ Recruiting, etc.

Communication



- ❖ Mite Commissioner
- ❖ Team Managers
- ❖ EPHA email blasts
- ❖ Mites/8U page (go to ephockey.com > Teams > Mites/8U)



Pre-Season Clinics & Evaluations



Pre-season Clinics: Oct. 2 through Oct. 15

- Clinics are the kick-off of the Mite/8U season and begin October 3 and run through October 15. These are approximately one hour long sessions, led by volunteer coaches.
- Please attend with your designated group.

Clinic groups and schedules will be posted to the Mites/8U page at www.ephockey.com.

Evaluations: October 14-15

This year we will be reverting to the evaluation process from 2021-2022 season, comprised of one skills/scrimmage day and a second tiered scrimmage day. After careful consideration and feedback from our evaluators and coaches, and reviewing evaluation scores, we want to optimize the evaluation experience for both players and parents, and to achieve this, we are streamlining our schedule.

Note // Evaluations at the Mite 3/4 and 8U3 level are optional, and not mandatory for team placement. Any player opting out of evaluations will be placed on a Mite 3 or 8U3 team.

- **Mite/8U 3 and Mite 4:**
 - Evaluations will be October 14-15 with teams determined and posted to the Mites/8U page on www.ephockey.com by Oct. 18.
 - Day 1 will be graded skills, days 2 will be scrimmages
- **Mite/8U 1 and 2:**
 - There are no evaluations at the Mite/8U 1 & 2 levels, however coaches will observe the players during clinics to help form balanced teams at these levels.
 - Teams will be determined and posted to the Mites/8U page on www.ephockey.com by October 18.

Evaluation Highlights



Mite 3/4 and 8U Evaluation Format

❖ Day 1: Graded Skills & Games @ EPCC Rink 3

- 4 stations - skating and puck handling drills, small area games, and cross-ice scrimmages
- Players will be in clinic groups, see website for assigned times
- No make-ups, players must be present to be evaluated

❖ Day 2: Scrimmage @ Velocity

- Mite 3/4 - the top 36-40 ranking skaters (2nd and 3rd Graders) after Skills Evaluation will participate in the scrimmage sessions to determine potential placement on one of the tiered Mite 4 teams.
- 8U3 – the top 18-20 skaters after Skills Evaluation will participate in the the scrimmage. This will determine potential placement on our Advanced 8U3 team.
- Scrimmage groups will be posted the evening of Sat. 10/14 on ephockey.com

Evaluation Highlights



Gear

For evaluations, all players shall wear

- ❖ a black helmet (preferred);
- ❖ black breezers (preferred);
- ❖ Gloves should be Eden Prairie colors
- ❖ a plain white, red, grey or black jersey without visible names or identifying words or marks; Jerseys worn inside-out are permitted, provided all identifying information is not visible.
- ❖ socks may be from a previous EPHA season or plain white, red or black or combination of those colors.
- ❖ All non-EPHA provided stickers and any numbers shall be removed from helmets.

No AAA team gear, stickers or identification should be visible on your player

Evaluation Highlights



Mite 3/4 and 8U Team Placement

Team placement

- ❖ Players will be assigned to a team based solely on their evaluation scores
- ❖ Players are allowed to play up one level if they are assessed in the top 1/3 of the level that they want to play in. If they are not rated in the top 1/3 of the level, they will be assigned to a team in the level with their age/grade range.
- ❖ No player will be allowed to play up two levels, e.g., a 1st grade player (who would typically be a Mite 2) will not be permitted to play Mite 4.
- ❖ 8U1-2 & Mite 1-3: balanced teams
- ❖ 8U3 & Mite 4: 2 tiered teams - 1 advanced, 1 intermediate (based on registration numbers)
- ❖ Registration numbers will ultimately dictate the number of teams EPHA is able to field at any of our Mite/8U levels. Changes to number of forecasted teams are at the discretion of the EPHA Board and subject to change at any time.
- ❖ These changes have been thoughtfully discussed and considered by the EPHA Board to ensure that all athletes play at a level which will afford them the best opportunity to enhance their skill development and continue to form their love of the game.

Season Timeline



❖ Mite/8U Season: Oct 23 thru Mar 10

- *Note: There will be no scheduled practices Thanksgiving or Winter Break*

Mite/8U1 & Mite/8U2

Saturdays and Sundays

Weeknight (*occasional*)

Practice/Games/Scrimmages
primarily at Velocity

Jan-Feb

Optional outdoor Ice

Mite Jamboree

Mite/8U3 & Mite 4

Saturdays and Sundays

Weeknight (*occasional*)

Practice/Games/Scrimmages
primarily at EPCC

Jan-Feb

Optional outdoor Ice

Mite Jamboree(s)

2023 – 2024 District 6 Mite 3 & 4/8U Full Ice Plan



- ❖ **January 15 or after start:** for the current season (per USA Hockey & Minnesota Hockey) for full ice
- ❖ **Net size:** intermediate/junior net 4 x 3 12 sq feet
- ❖ **Total count:** All full ice games/games with coaches/jamborees count towards total regardless of playing internal association teams or external association teams
- ❖ **Non-association sponsored events:** Players are not violating the numbers if they independently play in non-association sponsored events (i.e. – “Bird Bash Tournament”, “Top Dog Tournament”)
- ❖ **Full Ice:** Games / Game w coaches / Jamboree Breakout
 - Games / Game w coaches 5-8*
 - 2 Jamborees @ 3 games each (Home and/or away) 6
 - TOTAL FULL ICE EVENTS (after Jan 15th) 11-14

*Up to 5 Full ice games with ability to play 3 more Full ice games IF A Mite Director from Association or another board member and AT Least ONE coach attend the 10/28 Mite Summit in Mankato

- ❖ **Fines:** any fine against the association will be assessed to the team

Player Expectations



❖ Player code of conduct

- Be a good teammate
- Be coachable
- Show up both on and off the ice

❖ Teaching kids to not only be good hockey players but good people

❖ If you are wearing the EP hockey logo – you are a representation of the association and the Eden Prairie community

❖ Respect for practice and game locations

- EPCC is a community center – not an ice arena
- Velocity hockey is a private business



Parent Expectations

❖ Arriving on time

- Ice time is ***GOLD***
- Recommended to get dressed in the living room vs. the locker room, especially for Velocity
- Be dressed, skates tied and ready to take the ice 5 minutes before your scheduled ice time

❖ Keep it in perspective

- Teach respect for coaches, teammates, referees, facilities, opposing teams and parents
- Promote a positive team atmosphere

❖ “I love to watch you play!”

- Avoid coaching from the front seat in the car on the ride home
- 24-hour rule

❖ VOLUNTEER! COACH!

Volunteer Requirement: DIBS Hours



❖ Mite/8U 1 & Mite/8U 2

- No “required” volunteer hours
- The more you volunteer, the more fun you’ll have!

❖ Mite/8U 3 & Mite 4

- 6 hours required per player
- \$250 buyout at registration
- Penalty of \$75 per incomplete hour
- We need many volunteers to have a successful association, from Rookie Camp on up

Volunteer Opportunities



❖ **Coaches** (Mite 3/4 and 8U3 only)

- Head Coach: exempt from Mite/8U volunteer requirement
- Assistant Coaches: 12 hours to split between assistant coaches

❖ **Team Managers** (Mite 3/4 and 8U3 only)

- Exempt from volunteer requirement
- Will receive half credit when sharing the role (3 hours each)

❖ **Mite Support**

- Mite Day Coordinator & Jamboree Coordinator needed, Schedule Support

❖ **Special Event Help**

- Mite Day
- Try Hockey for Free
- Rookie Camp

❖ **Traditional DIBS opportunities**

- Home EP tournament volunteers
- Committees

EP Hockey Board



Go to ephockey.com | More | Board
for email and contact information

Executive Committee:

Sarah Hendrickson..... President

Ryan Richards..... Vice President

Chad Erickson..... Treasurer

Emily Ailie..... Secretary

Mike Tucker..... Mite Director

Brian Christian..... 8U Director

Michael Heller..... Registrar

Jessica Kiecker..... Coaching Director

Aric Day..... Travel Player Development Director

Patty Walters..... Growth Director

Mike Sarazine... Commissioner & Volunteers Director

Cully Huestis..... Sponsorship/Fundraising Director

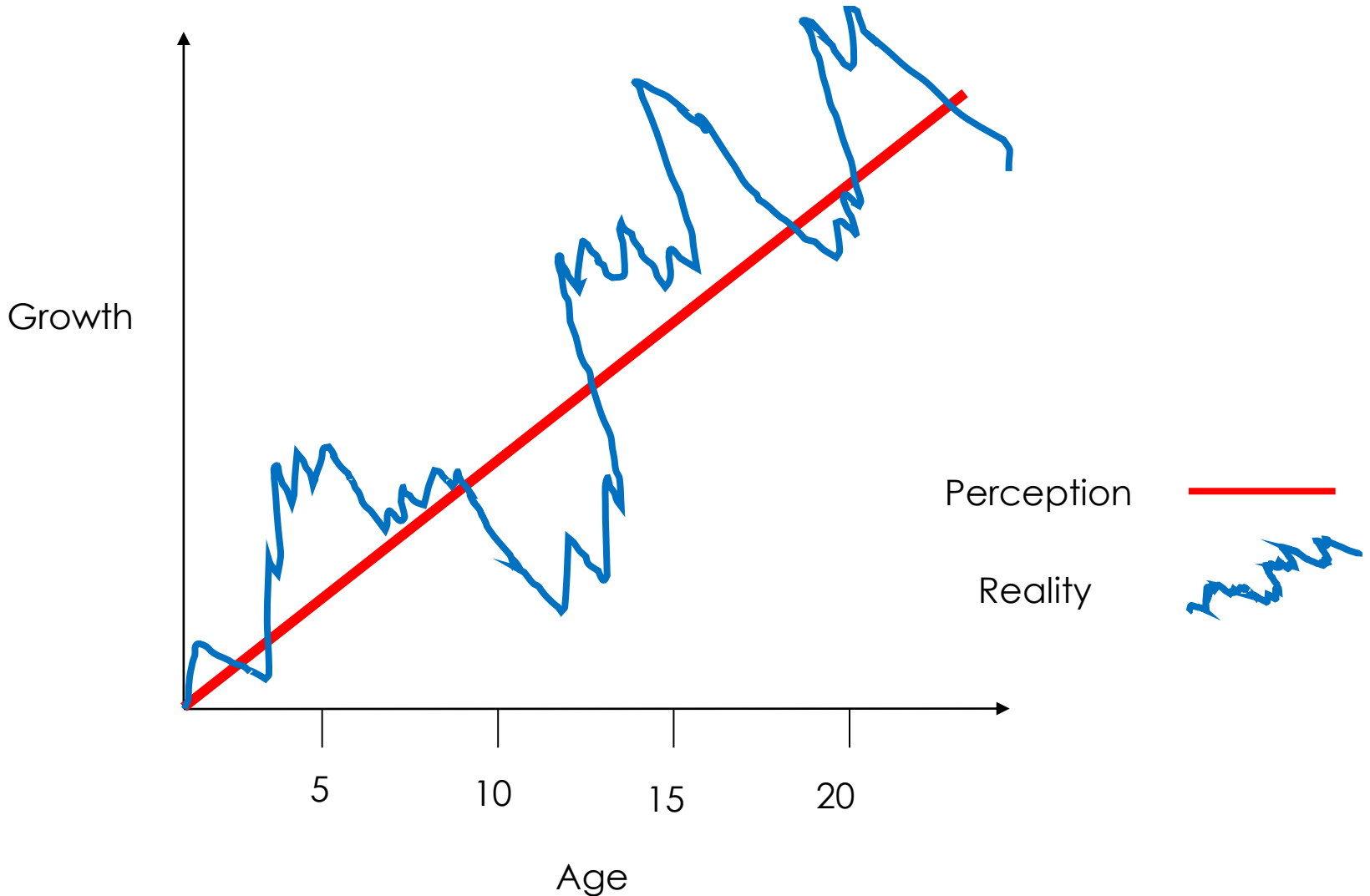
Eric Langaard..... Tournament Director

Charlie Gerszewski..... Communications Director

Rosie Rink.... Legacy, Inclusion and Diversity Director

Hockey Player Development

The perception of most parents is that hockey players develop in a “linear” fashion similar to the red line in the chart below. The reality is that they actually develop in a “non-linear” fashion similar to the blue line in the same chart.



What's Important At Mites?

What's Important?

- They are having fun and developing friendships. We want our players to fall in love with the game of hockey
- They enjoy coming to the rink
- Small Area Games, and Station Based Practices
- Lots of repetitions, and not a lot of standing around
- They are listening and fully engaged in the on-ice activity
- They are trying their best
- You see them making improvements throughout the season



2 Things Everyone Can Control: Attitude & Effort



QUESTION & ANSWER