

# ROSEMOUNT HOCKEY ASSOCIATION



## INITIATION PROGRAM (IP)

<b>Registration Opens:</b>	June 21
<b>Late Fee Applies:</b>	October 10
<b>Registration Closes:</b>	December 31

[www.rosemonthockey.org](http://www.rosemonthockey.org)

# Why Play Hockey?



According to USA Hockey, hockey helps boys and girls make big strides on and off the ice. Here are just a few positive characteristics youth hockey helps bring out in kids:

**PRIDE | FOCUS EXHILARATION | STRENGTH  
RESPONSIBILITY | THRILLS | ADVENTURE | CONFIDENCE  
LEADERSHIP | FRIENDS | TEAMWORK | LAUGHTER**

## **MORE Than a Game...**

Hockey develops skills on the ice that build a foundation for a lifetime. In addition to athletic prowess, hockey promotes confidence, pride, focus and responsibility. With an emphasis on fun, hockey is a game to be played and enjoyed for life.

## **Set Up For Success**

From learning to balance school, responsibilities at home, time at the rink and playing with friends, hockey encourages kids to learn time management skills that will later serve them in all facets of life. Hockey's unique source of physical fitness promotes healthy living.

*"Hockey's a funny game. You have to prove yourself every shift, every game. It's not up to anybody else. You have to take pride in yourself."*

Paul Coffey

# Why Play Hockey?

## Hockey is Fun

The thrill of carrying the puck up the ice on a breakaway, the exhilaration of scoring your first goal or making that amazing save is possible due to the encouraging environment hockey provides to try new things and grow as a hockey player and person.

*"When all is said & done, it's not the shots that won the championship you remember, but the friendships you made along the way."*  
Unknown

## Life-Long Friendships

Starting with the bonds created in the locker room to the relationships formed on ice, hockey creates life-long friendships. This camaraderie shared on and off the ice encourages teamwork and the natural development of leadership skills.



**"EVERY DAY IS A GREAT DAY FOR HOCKEY."**

- MARIO LEMIEUX -

# PROGRAM OVERVIEW

## RAHA INITIATION PROGRAM 2021 - 2022

- The Rosemount Player Development Committee has designed a 4-5 year plan. This plan begins by embracing the fundamentals of USA Hockey's American Development Model (ADM) and it systematically evolves into a more competitive environment over the course of the program. **This is not a youth traveling program.**
- The goal of the Initiation Program is to introduce each boy or girl to the game of hockey in a safe and fun environment focusing on skill development in small stations, small area games and cross-ice/half ice games. We would like to see each child develop the skills required to play hockey to their fullest potential and to add to the overall development of Rosemount Irish Hockey. This program is to introduce new skaters to the game of hockey as well as progressively challenge them for the next 4-6 years.
- To accomplish our plans and goals, the RAHA Board of Directors has appointed an IP Committee. Our committee will work together with the IP coaches during the upcoming season to ensure our players are being developed in the proper way.



**YOU MISS  
100%  
OF THE  
SHOTS  
YOU DON'T  
TAKE**

- WAYNE GRETZKY -

# IP LEVELS

## **Termite (Girls and Boys) | 6/1/2016 - 5/31/2017**

- Team will consist of Pre-K 4 year old skaters with **No Move Up option to a Mini-Mite team**; subject to some exceptions in cases where roster sizes are an issue. Program is in-house and an introduction to hockey that will mirror the fundamental design of USA Hockey's American Development Model (ADM). This team will skate once/weekend, with primary ice times either Saturday or Sunday from November into March. Sessions will mainly be at The Pond with some at RCC. USA Hockey registration fees apply.
  - Total ice sessions – approximately 20 hours

## **Mini Mite/6U Girls | 6/1/2014 - 5/31/2016**

- Teams will be made up of mainly Pre-K, Kindergarten and 1st Grade players. This is an in-house program for entry level players that will mirror the fundamental design of USA Hockey's American Development Model (ADM). Teams will be created per the coaches discretion and IP program approval, teams may be adjusted to ensure we have groups of like-ability. The primary ice times will be Saturdays and Sundays from November into March at RCC / IGH / Pond.
  - Total ice sessions – approximately 34 hours

## **Mite/8U Girls | 6/1/2012 - 5/31/2014**

- Teams will be made up of mainly 2nd and 3rd Graders. Practices focus on skating, edge work and repetition, combined with ADM type skill stations. Most practices are Saturdays and Sundays from October through early March at RCC / IGH / Pond.
  - Total ice sessions – approximately 39 hours

## **Evaluations | Mite & 8U**

- RAHA and Minnesota Hockey Policy is to encourage and promote development, not competition. To that end, the IP Program will not schedule formal evaluations for Termite/Mini Mite and 6U level teams. Mites and 8Us will be evaluated using the USA Hockey HEP Skills Challenge and placed on like-ability teams. (Mites: Levels I-IV; 8U: I & II). This evaluation will take place on the first weekend of the season. Final team designations will be announced after the 2nd weekend of on-ice sessions. It's recommended that your skater attend the first weekend of the IP season. If they cannot attend, notify Marc T and Jennifer W ASAP.

# IP LEVELS

LEVEL	ON ICE SESSIONS	SCRIMMAGE FORMAT	DAYS ON ICE	DRYLAND	COACHES NEEDED
Termite	20	Cross Ice	Sat & Sun	N/A	Yes
Mini Mite 6U Girls	34	Cross Ice	Sat & Sun	N/A	Yes
Mite 8U Girls	39	Cross Ice / Half Ice	Sat & Sun	TBD	Yes

## HOW TO REGISTER

- Registration for all IP levels (Termite, Mini Mite/6U, Mite/8U) is open from June 21 - December 31. Late fees kick in October 10.
- You must first register your player(s) with USA Hockey, regardless of the age of your child. Each child is required to have his/her OWN individual USA Hockey number each year (\$56 fee). This covers the on ice insurance through USA Hockey.
- You will need to provide the USA Hockey number in your RAHA form.
- Click the link to the [2021-2022 Registration](#) and register your child for the age appropriate level.

\*\*If this is your skater's first year in Minnesota organized hockey, a PDF or JPG of your child's birth certificate will be required to complete registration.



# WHAT YOU'LL NEED

For your child's safety, children will need to furnish their own hockey equipment. Players interested in playing goalie will have access to team equipment supplied by RAHA. It is very important that your child's equipment fits them comfortably and properly. We recommend that you pay particular attention to getting your child skates that fit properly. Properly fitted, comfortable skates are an essential for any hockey player as is an appropriately sized hockey stick (the stick should reach the tip of a player's nose while wearing shoes). **Your player's helmet must have a Current HECC sticker.** This is found on the back of the helmet.

- Most hockey specific retailers offer a package that includes the essentials for ~ \$125 to \$300
- For Mini Mites, 6U, Mites, and 8U – there are no equipment color requirements. Navy blue is the required color for hockey pants, helmets and gloves at the traveling level.



Equipment Needs	Items	Supplied By
Required Gear	Helmet w/Face Mask	Parent
	Mouth Guard	
	Hockey Gloves	
	Elbow Pads	
	Shoulder Pads	
	Breezers/Pants	
	Athletic Protector (Cup)	
	Shin Guards	
	Skates	
	Stick	
Uniform Items	Jersey	RAHA*
	Socks	RAHA
	Name on Jersey	Parent*

\*Team Manager or Coach may collect jerseys and cash for printing names (usually ~\$8), then redistribute.

# MORE INFORMATION

## COACHES WANTED

- Parent and Non-Parent Coaches Welcome! Coaching is a great way to become involved in the program and be a mentor to our players! If you would like to be a head or assistant coach for the upcoming season please email Trent Caspar (trentc@rosemonthockey.org) – get more information on the Coaches page of our website by [clicking here](#).
- The IP Coordinator and Coaches Coordinator will choose coaches for the upcoming season.

## VOLUNTEER INFORMATION

- The volunteer obligation for the Rosemount Area Hockey Association (RAHA) is 7.5 hours for one child or 15 hours for two or more children. Parents of the Termite team are not required to complete hours for that child. Parent volunteering is an important part of our association as it helps lower the cost of hockey. There are many ways to earn hours either by volunteering as a coach, team manager, working the concession stand or running the time clock, etc. [Please watch for volunteer options on the RAHA website](#). Hours are not transferable, and failure to complete a volunteer shift can result in the forfeiture of your volunteer deposit.

## PARENT MEETING

- The IP Parent Meeting is mandatory for parents of all players in the IP Program. At this meeting parents are provided with information on the Rosemount Association and our initiation level program. Jerseys and socks will be handed out and you will need to leave a volunteer deposit check for all players. The volunteer deposit check is \$500 (1 player) or \$750 (2+ players) and must be made out to RAHA and post-dated to March 30, 2022. This check will NOT be deposited if your volunteer commitment hours are completed by March 20, 2022.



# MORE INFORMATION

## IP EXTRA - SUBJECT TO CHANGE

- Mite/8U, Mini Mite/6U - 4x4 Scrimmages
- Starts in early December, 10 sessions
- Friday and/or Saturday evenings at The Pond
- 13 players per team (4 teams at each level) = 52 total players
- Referee
- \$195
- Watch for more information and registration details in mid-November!

## OUTDOOR ICE - SUBJECT TO CHANGE

- Mite/8U, Mini Mite/6U
- Meant to be a fun, extra time to be on the ice with your team
- Starts mid-December and runs until the city rinks are no longer maintained
- Weather permitting
- Watch for more information and details



# MORE INFORMATION

## IP CONTACTS

TITLE	NAME	EMAIL
IP Coordinator	Marc Tobias	marct@rosemonthockey.org
IP Coordinator	Jennifer Williams	jenniferw@rosemonthockey.org
IP Coach Coordinator	Trent Caspar	trentc@rosemonthockey.org
Vice President	Mike Staloch	mikes@rosemonthockey.org
Operations Manager	Sara Marchese	saram@rosemonthockey.org

## PRIMARY ARENA LOCATIONS

RINK	ADDRESS	WEBSITE
Rosemount Community Center (RCC)	13885 South Robert Trail Rosemount, 55069	<a href="http://ci.rosemount.mn.us/">http://ci.rosemount.mn.us/</a>
Veterans Memorial Community Center (IGH)	8055 Barbara Avenue Inver Grove Heights, 55077	<a href="http://www.invergrove-heights.org/">http://www.invergrove-heights.org/</a>
The Pond	3400 150th Street Rosemount, 55068	<a href="http://www.thepondmn.com">www.thepondmn.com</a>