

## **MONTGOMERY YOUTH HOCKEY ASSOCIATION (MYHA) & ROCKVILLE ICE ARENA 2024 SPRING PROGRAMS**

### ***Programs:***

- Spring League
- Instructional Scrimmage
- Instructional Program
- Power Skating Clinic
- Stick Handling Clinic
- Checking/Defensive Clinics
- Skills Clinic
- Elite Clinics



All Programs are open to all boy and girl players from MYHA or outside MYHA, and have limited openings and will be filled on a first come basis. **Programs will be held at the Rockville Ice Arena.** Schedules will be posted on [MYHA.ORG](http://MYHA.ORG).

**SPRING LEAGUE AGES ARE AGE GROUPS FOR 2023/24 SEASON  
CLINICS ARE BASED ON AGE GROUPS FOR 2024/25 SEASON**

**Spring Leagues:** begin April 13 and end June 8

**Instructional and Instructional Scrimmage:** begin April 14 which end on June 9.

**Weekday clinics:** begin April 16 - 18 and end June 4-6

**Weekend clinics:** begin April 14 and end on June 9

There are no sessions on Memorial Day weekend.

### **Registration Process:**

On-line at [MYHA.ORG](http://MYHA.ORG). Click on, "Programs" then "Spring Registration" or go to the Rockville Ice Arena web site at [rockvilleicearena.com](http://rockvilleicearena.com) and click on "Camps & Clinics". Complete the registration and pay with Credit Card, Debit Card or Bank Account.

You will receive an email confirmation of your registration. If you are not already registered with USA Hockey, please register with USA Hockey on-line: <https://www.usahockey.com/membership>

**THERE WILL BE NO REFUNDS OR CREDITS FOR ANY REASON – NO EXCEPTIONS.**

## **Spring League: Based On This Past Season Age Groups**

- What: A one game a week, fun league to keep your skills sharp. There will be four levels of play: 8U, 10U, 12U, and 14U/16U/18U. This will be an 8 game program. There will be no checking at any level of play and full equipment is required. A jersey will be provided for this program.
- Who: All House and Travel players. The player should register for the level he/she is **playing this past season**.
- When: Saturdays (with a few exceptions)
- Starts: April 13
- Ends: June 8
- **Exceptions:** 1) The games on Apr 26-28 Weeknd could be Friday, so as to not conflict with MYHA tryouts.  
2) There are no games on Memorial Day weekend.
- Schedules: **The team assignments and season schedules will be determined by April 10 and at that time will be posted on MYHA.ORG.**
- Time: The game slots will be on Saturday between the hours of 7:30 AM and 8:00 PM, with the exception of the second weekend, as noted above. Time slots on Saturday for each level will vary from week to week.
- Cost: \$395 per player for all levels

## **Instructional Scrimmage**

- What: Weekly scrimmage play to sharpen your skills. This is the next step in hockey for the MYHA Instructional player. After months of working on your skills, it is time to play some games and have some fun. Coaches will be on the ice for the first couple of weeks to teach the players the rules of hockey and to help explain the game. This is a great opportunity to get out and get some game experience. This will be an 8-session program. There will be no checking at any level of play and full equipment is required.
- Who: All Instructional level players
- When: Sundays
- Starts: April 14
- Ends: June 9
- **Exceptions:** no games Sunday, May 26
- Schedules: Instructional Scrimmage Groups will be formed by age. **Group Assignments and Season Schedules will be determined on April 11 and at that time will be posted on MYHA.ORG.**
- Time: 2 PM - 3 PM and 3:10 PM - 4:10 PM based on Group Assignment
- Cost: \$395 per player for all levels

## **Instructional Program**

- What: Weekly clinic to introduce the new player to the fundamental skills of ice hockey. There will be a total of 8 sessions. The player needs to be able to skate at least at the basic level of forward skating and stopping. **Full equipment is required for this program.** A jersey will be provided for this program.
- Who: Any new player who has completed Learn to Play
- When: Sundays
- Starts: April 14
- Ends: June 9
- **Exceptions:** no session on May 26
- Time: 12:50 PM -1:50 PM
- Cost: \$395 per player

## **Power Skating Clinics: Based On This Past season Age Groups**

- What: There will be two power skating sessions: 2014 & Younger and 2013 & Older. Full equipment is required for clinics. They will be held on different rinks.
- Who: The focus of the Power Skating clinics is to develop strong fundamental skating skills. Heavy emphasis will be placed on Forward/Backward Stride, Edge Control, Forward/Backward Crossovers, Quick Starts, Speed, and Agility. Coaching Director Rob Keegan will make any final decisions as to the proper clinic for a player.
- When: There are two options offered:
  - **Thursday Power Skating**
    - Starts: April 18
    - Ends: June 6
    - Time: 2014 & Younger 6:00 PM - 7:00 PM
    - Time: 2013 & Older 6:20 PM - 7:20 PM
  - **Sunday Power Skating**
    - Starts: April 14
    - Ends: June 9
    - **Exceptions:** no session on May 26
    - Time: 2014 & Younger Session from 4:20 PM - 5:20 PM
    - Time: 2013 & Older Session from 5:30 PM - 6:30 PM
- Cost: \$395 per player for any clinic

### **Stick Handling Clinics: Based On This Past Season Age Groups**

- What: There will be two Stick Handling clinics: 2014 & Younger and 2013 & Older.  
Full equipment is required for all clinics.
- Who: The focus of the Stick Handling clinics will be to develop strong fundamental puck skills. Heavy emphasis will be placed on proper stick-handling techniques, puck protection, and deking skills. Learn to win the one on one battle. Coaching Director Rob Keegan will make any final decisions as to the proper clinic for a player.
- When: There will be two dates/times for the skills clinics offered.
  - **Thursday Stick Handling**
  - Starts: April 18
  - Ends: June 6
  - **Sunday Stick Handling**
  - Starts: April 14
  - Ends: June 9
  - **Exceptions: no session on May 26**
- Time: **Thursday Stick Handling (each on different rinks):**
  - 2014 & Younger: 7:10 PM - 8:10 PM.
  - 2013 & Older: from 7:30 PM - 8:30 PM**Sunday Stick Handling (generally with a few exceptions):**
  - 2014 & Younger: 3:50 PM - 4:50 PM
  - 2013 & Older: 5:00 PM - 6:00 PM
  - Cost: \$395 per player for any clinic

### **Defensive Clinic (includes Checking): Based on playing 14U in 2023/24 Season**

- What: 8-session program that will meet once a week to improve the player's defensive skill. ***This clinic is NOT just for defensemen.*** The purpose of this clinic is to improve ***all players'*** defensive skills. Some of the skills that will be worked on include angling, fore-checking, back checking, body contact, checking, stick checking, containment, defensive zone coverage, etc. Full equipment is required for all clinics.
- Who: Any player born 2011 or older. These clinics are highly recommended for upcoming 14U players. In addition to defensive strategies above, emphasis will be placed on the physical aspect of hockey including how to safely give a check and receive a check.
- When: Wednesdays
- Starts: April 17
- Ends: June 5
- Time: 5:50 PM to 6:50 PM
- Cost: \$395 per player

### **Skills Clinics: Based On This Past Season Age Groups**

- What: There will be two Skills Clinics, 2014 & Younger and 2013 & Older. These Skills Clinics will focus on the fundamental skills of passing, receiving and shooting. Both groups will work on forehand pass, back hand pass, one touch passing, saucer passing, wrist shot and back hand shot. The Older session will also work on snap shot, slap shot, and one-timers. Both sessions will work on developing a quicker release as well as quicker decisions with the puck. Full equipment is required .
- Who: Any player who wants to improve their passing and shooting fundamentals, their accuracy and velocity with their shot, and making quicker decisions with the puck
- When: Tuesdays
- Starts: April 16
- Ends: June 4
- Time: 2014 & Younger: 5:45 PM - 6:45 PM  
2013 & Older: 6:55 PM - 7:55 PM
- Cost: \$395 per player

### **Girls Clinics**

- Girls' only clinics are run by Coach Mike Bazzone and are registered through his company. Contact Mike at: [coachmike@myhockeycore.com](mailto:coachmike@myhockeycore.com)

### **Elite Clinics: Based On This Past Season Age Groups**

- What: This is an 8 session program that will meet once a week that will focus on high intensity skill development. Over speed training, flow drill and small games will also be included in this clinic. Coaching Director Rob Keegan will teach these clinics. There will be 3 sessions:
  - Birth Year 2014 and Younger
  - Birth Year 2012 & 2013
  - Birth Year 2011 and Older
- Who: Players who played on travel teams or house select teams this past season and are looking for a high tempo clinic and have the skills to skate at this pace. Coaching Director Rob Keegan will make any final decisions as to the proper clinic for a player.
- When: Wednesdays
- Starts: April 17
- Ends: June 5
- Time: 2014 & Younger: 5:35 PM - 6:35 PM  
2012 & 2013: 6:45 PM - 7:45 PM  
2011 & Older: 7:55 PM - 8:55 PM
- Cost: \$395 per player for any clinic