

Welcome to the Little Falls Youth Hockey Association.

This handout will help answer some initial questions regarding Little Falls Youth Hockey Association (LFYHA). The association uses its website – <http://littlefallsyha.pucksystems.com> – as the primary means of communication. Check the website for updates, schedule changes and any other LFYHA related information.

Our objectives at any hockey level:

1. Offer an enjoyable experience in hockey and our Association.
2. Provide a healthy environment for fun and learning.
3. Teach the fundamental skills appropriate to the “level of play.”
4. Stress participation, fun, and skill development.
5. Development of communication at the players’ level of learning.

What is the difference between the different Levels of play?

Player Level	Born Between
Bantam/15U	06/01/2008 – 05/31/2010
PeeWee/12U	06/01/2010 - 05/31/2012
Squirt 10U	06/01/2012 - 05/31/2014
Mites	06/01/2014 - 05/31/2016
Ice Mites	Born on or after 06/01/2016

*If player is born in July or August of the cut off year, they may be allowed to move up to the next age level to play with their grade classmates. Please contact the Registrar for more information.

When will my player skate?

It is the intention of the LFYHA to have the practice schedule posted at least a month ahead of time! Below is the intention for practices and games for LFYHA teams. There are weeks these plans do not work out. Some weeks you may have more, or fewer, practices to try and balance the schedule out.

Bantams: Bantams should expect 3-4 practices during the week and 2-3 games on the weekend. Bantams will play 35 - 40 games throughout the season.

PeeWees: PeeWees should expect 3 practices during the week and 2-3 games on the weekend. PeeWees will play 30 - 35 games throughout the season.

Squirts: Squirts should expect 2 practices during the week and 2-3 games on the weekend. Squirts will play 25 - 30 games throughout the season.

Mites: Mites should expect 1 practice during the week and 1 practice on the weekends. The mites will attend 3 - 5 jamborees during the season.

Ice Mites: Ice Mites should expect 1 practice during the week and 1 practice on the weekends. The ice mites will attend 3 - 4 jamborees during the season.

Please remember, these are all the intentions of the scheduler. Results are affected by number of high school and juniors home games, home tournaments, and number of district teams at the Bantam and PeeWee level.

What equipment does my player need?

Skates, shin pads, protective/pelvic cup, shoulder pads, elbow pads, gloves, breezers, mouth guard, helmet with full face shield, socks and hockey stick. Skates, shin pads, shoulder pads, elbow pads, gloves, breezers, and a helmet are part of our LFYH rental program. Otherwise, Michelle Lickteig does provide all the items noted in the first sentence at the Pro Shop located in the Exchange Arena (upstairs). Other area equipment sellers, such as, (1) Hockeyzone; (2) Scheels; (3) Dick's Sporting Goods, (4) Dunham's; and (5) Play it Again Sports may also help you determine the correct size equipment for your player. For skaters at the 10U/Squirt level and older, 2 game jerseys will be issued to them before their first game. Game jerseys are only to be worn during games, not practices, and must be returned at the end of the season. For mites/ice mites: you may purchase purple or white practice/game jerseys from the Pro Shop. However, if you choose not to, the association will provide your skater a jersey on game day. These need to be returned at the end of that day.

What does it cost to play hockey?

Player Level	Registration Fee
Bantam/15U	\$685
PeeWee/12U	\$500
Squirt/10U	\$365
Mites	FREE
Ice Mites	FREE
NEW MEMBERS *	FREE

** New members - Players that have never been registered with USA Hockey or any hockey association will be allowed to participate their first year for free.*

** The above registration fees do not include the USA Hockey/MN Hockey fees (insurance policy) which will be paid by you directly to USA Hockey.*