



EYHA NewBee and House Program

Welcome to Essex Sting hockey! This document is designed to provide important and helpful information about our program.

Important Information for ALL LEVELS:

- **SCHEDULE:** Please do not rely solely on a printed copy of the schedule as ice times can change. Best practice is to pay careful attention to the ice times on the [EYHA Calendar](#) for the most recent version of the schedule.
- **PUNCTUALITY:** Ice time is precious. We always start and end on time. Please arrive in plenty of time to have your child suited up and ready to enter the ice at the designated start time. Assigned locker rooms will be noted on the white board as you enter the rink. You may also suit up on the benches in the warm up room/lobby if you wish, though locker rooms are preferred to avoid congestion in the lobby area.
- **HELMET NAMES:** If possible, please place your child's first name on the front of their helmet on a piece of tape, **as well as on the handle of their stick**. This helps the coaches tremendously.
- **STICK SIZING:** The length of your child's hockey stick is important. Many players arrive early in the season with sticks that are much too long. The rule of thumb is the top of the stick should be somewhere between their chin and nose while they have skates on and the stick is held straight up and down in front of them.
- **EQUIPMENT:** If you are not sure about equipment needs, please review the list of equipment on the [NewBees/House LTP page](#). Or just ask any coach / board member. Safety is paramount for all participants.
- **WATER BOTTLE:** Please be sure that your child brings their own water bottle if desired (with name on it). There is a water fountain in the lobby but we don't provide water bottles.
- **ICE SAFETY:** For safety reasons, no skaters may enter the ice until directed by the coaches. The doors for the Zamboni must be closed prior to getting on the ice, and there must be a coach present on the ice.
- **EYHA RINKS:** EYHA is fortunate to have two HOME rinks - Essex and Waterbury. However, there are times we may also have practices at Cairns, Gutterson and Leddy as well. Please review the EYHA Calendar not only for ice times but to verify the rink location as well.
- **COACHING AND ON-ICE HELP:** Anyone interested in helping on the ice should contact EYHA Head Coach in advance. We appreciate any degree of assistance. Coaches need not have extensive hockey or prior coaching experience. [EYHA COACHING LINK](#)
 - **BEFORE** stepping on the ice, ALL coaches must:
 - Register as a coach or volunteer with USA Hockey
 - Complete SafeSport through USA Hockey
 - Complete background check through USA Hockey
 - Submit a coaching application
 - In addition: **ALL coaches MUST wear a helmet to be on the ice.**

- **PROGRAM GOALS:** Our primary goals are to develop skills, gain confidence, learn the fundamentals of skating and hockey, and most of all – HAVE FUN! Everything that we do is designed to meet these goals.
- **EYHA WEBSITE:** visit www.essexyouthhockey.org for updates, information and news from throughout our organization.
- **VOLUNTEERING:** Our organization is made up entirely of volunteers. There are numerous events and opportunities throughout the season that are in need of volunteers. We encourage everyone to become an active member of our association. [Board meetings](#) are open to all members and are held the third Thursday of each month.

NewBee specific information:

- NewBees will be divided into several groups or “teams” based on relative ability. This allows young skaters to learn and improve most effectively. Each skater will receive a “team” jersey that is theirs to keep. The jerseys are usually handed out in the second or third session.
- Many NewBees are first time or beginning skaters. There are ‘skate trainers’ at the rink that are used to assist new skaters that need them. Note that we encourage skaters to get off the trainers as soon as possible.
- Children that are 4 years old and unable to stand or skate independently are encouraged to have a parent or guardian on the ice with them. NOTE: To be on the ice, adults MUST register with USA Hockey, complete SafeSport and a background check through USA Hockey and wear a HELMET on the ice at all times.
- The NewBee ice schedule is fairly consistent. Nonetheless, please get in the habit of checking the EYHA Calendar on the website for any changes - both in regards to ice time as well as rink locations.
- We have limited coaching resources and will make every effort to provide as much individualized attention as possible.

House Program Specific Information:

- House teams are COED and broken into two age levels.
 - 8U/Mites are generally 6-8 years old.
 - 10U/Squirts, 12U/PeeWees and 14U/Bantams are anywhere between 9-14 and skate together in one group due to lower number of participants.
- At the Mite level, skaters are divided into evenly balanced teams. Each skater will receive a team jersey that is theirs to keep. Jerseys are usually handed out by the second weekend.
- **Please note, the primary goal of the House program is skill development through practice.** Games against other organizations may be available but are not the focus of our program.
- Particularly at the 10U/Squirt/12U/Peewee/14U/Bantam level, games against other organizations can be difficult to come by depending upon whether or not other teams exist. Many organizations do not support House programs beyond the 8U/Mite level. Every effort will be made to find teams for them to play against.
- There may be “bonus” ice at other rinks from time to time. Please keep an eye on the schedule.

Questions and/or comments are always welcome. Please contact [VP House](#) for further information.