



2019-20 Season Prep Frequently Asked Questions

Please find below a list of frequently asked questions and their answers as it relates to ice skating and hockey development programs offered through Baierl Ice Complex (Warrendale, PA) and the North Pittsburgh Youth Hockey Association (North Pittsburgh Wildcats).

Q: My child is interested in learning to ice skate and/or play hockey but has little or no prior experience. Where do I start?

A: NPYHA recommends that you start with the Learn to Skate programs offered by Baierl Ice Complex.

LEARN TO SKATE Programs

Snowplow Sam – Ages 3 to 5

The *Learn to Skate – Snowplow Sam* program provides instruction to preschool skaters ages 3-5. Learning through fun and games, tots are taught the proper way to fall and get up, skate forward and backward, glide and stop; preparing them for more advanced skating skills. Helmets and gloves are required for all skaters. Classes run continuously throughout the year. Registration and contact information can be found at Baierl Ice Complex and online at their website.

Basic Skills – Ages 4 through adult

The *Learn to Skate - Basic Skills* program provides instruction to skaters ages 4 through adult in the basic skills necessary to ice skate safely, and the initial skills needed before advancing to figure skating or ice hockey. Classes run continuously throughout the year. Group classes are divided into skill levels utilizing the Learn to Skate USA curriculum: Snowplow Sam 1, 2, 3, 4; Basic Skills 1, 2, 3, 4, 5, 6. Helmets and gloves are required for all skaters. Registration and contact information can be found at Baierl Ice Complex and online at their website.

For more information please see the [Baierl Ice Complex web site](#).

Q: My child has completed several sessions of Learn to Skate or has experience ice skating, but now wants to try hockey. Where do we start with so many programs to choose from?

A: USA Hockey hosts two Try Hockey for Free events a year at many area local rinks, including Baierl Ice Complex. These events are typically held each November and February. This event allows you to borrow equipment for your child and gives your child the opportunity to experience hockey practice drills and a short scrimmage to see if hockey is a sport they are interested in pursuing.

If you are ready to commit to learning to play hockey, NPYHA recommends that you enroll your child in the Little Penguins – Learn to Play Hockey or the Wildcats Learn to Play Hockey. Baierl Ice Complex hosts the Little Penguins (LTP) one session each year in the Spring. NPYHA holds numerous Wildcats Learn to Play sessions throughout the year. In addition to the co-ed options, NPYHA offers Lady Cats Learn to Play for girls ages 4-14.

LITTLE PENGUINS - LEARN TO PLAY HOCKEY - Ages 4-7

Sponsored by the Pittsburgh Penguins, the Wildcats offer this Learn to Play program for youngsters interested in trying hockey. In this popular program, the Penguins, CCM, and Dick's Sporting Goods will provide your child with a free set of equipment from helmet to skates, plus a stick and bag. It is highly recommended that your child participate in at least one Learn To Skate session prior to enrolling in Little Penguins. For more information, please visit the [Pittsburgh Penguins website](#).

WILDCATS LEARN TO PLAY HOCKEY PROGRAM - Ages 4 – 15

The program focuses on the skills necessary to play ice hockey; skating, shooting, passing, puck handling. This program is very structured with a low player to coach ratio to teach the skills effectively. Registration information can be found online at the Wildcats website. **Participants must have basic skating skills and preferably gone through the Learn To Skate Program.** *It is recommended that a player participate in a Learn To Play program for at least 6 months to one year (2-4 sessions) prior to moving up to the next level of play.*

LADY CATS LEARN TO PLAY PROGRAM – Ages 4 - 12

This program runs May thru July. This is a girl only program that allows the girls to interact with other girls while learning the game of hockey. While there is skill development, the sessions include plenty of games to make sure the kids have fun and make new friends! **Participants need to know how to skate on ice hockey skates and preferably have gone through the Learn To Skate Program.**

Q: My child (who is a 2011 birth year or younger) has progressed through Learn to Play Hockey (either Little Pens, Wildcats or Lady Cats) and would like to continue on to the next step. What is our next step?

A: For children with a birth year of 2011 or younger, NPYHA recommends the 8u ADM Program. The Wildcats ADM program runs from September through February, with registration taking place in the Spring and player evaluations being held in May.

8 and UNDER CROSS ICE HOCKEY

AMERICAN DEVELOPMENT MODEL PROGRAM (ADM)

The 8u (Mite or ADM) Cross Ice program promotes skill development in a high tempo, fun environment. Games are played cross-ice (side to side, smaller area) to allow the kids greater opportunities to touch the puck and to use the skills they learn in practices. The benefits of ADM include:

MORE PUCK TIME: Smaller spaces mean more opportunity for a player to touch the puck – and ultimately improve their game.

AGE-APPROPRIATE TRAINING: By shrinking the ice down to their level, kids can get more involved and learn skills quicker and easier.

INCREASED COMPETITION: A smaller ice surface makes players of all skill levels think and act quicker, resulting in more frequent battles for the puck.

COST SAVINGS: Because multiple teams share the ice, parents save on ice time costs.

For more information on USA Hockey's American Development Model, please visit www.admkids.com.

Q: My child (who is a 2010 birth year or older) has progressed through Learn to Play Hockey (either Little Pens, Wildcats or Lady Cats) and/or completed eligibility for Wildcats ADM and would like to continue on to the next step. What is our next step?

A: For children with a birth year of 2010 or older, NPYHA has two options, in-house or travel.

The in-house program runs from September through February, with registration taking place in the Spring and player evaluations being held in May.

The travel program runs from August through -March, with registration taking place in the Spring and player evaluations being held in early April.

WILDCATS IN-HOUSE LEAGUE

This program is for families who wish to participate in an ice hockey program without the demands of a heavy travel schedule. This is a full season program and runs from

September to February. Currently, North Pittsburgh offers a program for kids 8 to 14. Registration opens in April. Visit the Wildcats web site for more information (www.WildcatsHockey.net).

WILDCATS TRAVEL HOCKEY

Once a player is fully trained and ready for competition outside our home rink, he or she may try out for a Wildcats travel team. NPYHA is a member of the Pittsburgh Amateur Hockey League (PAHL) and competes with other teams in Western Pennsylvania, Ohio, and West Virginia. Boys ages 9-18 and girls ages 9-19 are eligible. For the 2019-20 season eligibility for the 10u (Squirt program starts with 2010 birth year). NPYHA provides teams at 10u (Squirt), 12u (PeeWee), 14u Bantam, 16u (Midget Minor) and 18u (Midget Major). The Wildcats association holds annual spring tryouts for placement on travel teams for the following fall. The season runs August - March. Travel teams are on the ice two to three times per week. Additionally, these teams participate in tournaments in neighboring states and Canada. Registration opens in April. Visit the Wildcats web site for more information (www.WildcatsHockey.net).

Q: The primary hockey season is over, but I would like to still keep my child involved in on ice activities in the Spring and Summer. What options are available for Spring and Summer hockey at Baierl Ice Complex (BIC)?

A: Baierl Ice Complex offers a wide variety of Spring and Summer programs.

Spring ADM & In-House Program (March to the beginning of May)

- Birth years 2004-2014

Program include 6 practices and 10 games. The ADM (3/4 ice) program will run Fridays and Sundays for birth years 2011-2014. The In-House (full-ice) program will run Thursdays and Sundays for birth years 2004-2009. The 2010 birth year will practice Fridays and have games on Thursdays or Sundays. Registration opens December 15, 2018 at baierlicecomplex.com

Summer Mite & Squirt Leagues (May through July)

- Birth years 2009-2014

This is a 5 on 5 game only program. Players birth year 2009 – 2012 will play full ice. Players birth year 2012-2014 will play 3/4 ice. Registration opens January 15, 2019 at baierlicecomplex.com

Summer School League (May through July)

- Birth years 2004-2009 or HS Grades 8th – 11th (2018 School year)
 - Elementary 2007-2009
 - Middle School 2004-2007
 - High School grade 8-11 in 2018 school year

Additional Programs

- **Pre-tryout Clinics**
- **Defense/Backwards Skating**
- **Power Skating**
- **Shooting Skills**
- **Baierl Summer Camp**