



## PYHA GIRLS HOCKEY PROGRAM

Calling all Palouse girls! The Palouse Youth Hockey Association (PYHA) is excited for the second year of our girls-only hockey program in our awesome new rink!

### What is the purpose?

For the 2022-2023 season, the purpose is to focus on player development and to provide an opportunity for girls to play hockey in a girl-focused atmosphere. We also hope to have some fun scrimmages and games this season. We can also help you link up with other associations for more competitive tournaments and games. In future seasons, PYHA will likely offer development-only options as well as competitive girls' teams.

### When are the Ice Sessions?

Sessions will be once a week on Tuesdays from 5:15 to 6:15 pm, probably starting Nov 1st and ending in mid-March. We are striving to provide 15 weeks of girls skill development. We will use the *American Development Model (ADM)*, so girls will engage in drills with other girls of similar age and skill and make great use of our ice time. We might also have some Saturday sessions for fun things like scrimmages and games against appropriate co-ed teams.

### Can I play in both the girls program and on my PYHA youth team?

Yes! During registration, you will have three options: (1) the Girls Program option, (2) your age appropriate youth team (co-ed), or (3) both the girls option and your youth team.

### Who can join the program?

The program is open to all girls ages 5-18 who are interested in hockey. Join with your friends! If you've never skated before, if you've never seen a puck - no problem! We have certified coaching staff ready to help! PYHA offers rental equipment (first come, first served, 10U and under) and the rink usually has additional equipment available to loan as well.

### Fees & Registration

Program fees for the 2022-2023 season are set at \$150.

Registration is at PYHA Player Registration. Find us at [palousehockey.com](http://palousehockey.com)

### Girls Try Hockey for Free - Saturday, October 29, 5-6 PM

Not sure about hockey but would like a chance to try it out? The Palouse Ice Rink and PYHA will host a Girls Try Hockey for Free event on Saturday, October 29, 5-6 PM. To register please contact Ken Butterfield - [ken\\_butterfield@hotmail.com](mailto:ken_butterfield@hotmail.com)