



MYHA New Family FAQs

Registration

How do I register my child for hockey?

There are 3 steps to register your child for hockey.

1. Register with USA Hockey. Please visit USA Hockey at <http://www.usahockeyregistration.com/> to sign up and receive your member confirmation number- you will need this to register with MYHA.
2. Return to the MYHA website. Please visit [Menomonie Youth Hockey Association | MYHA \(menomonieyouthsports.com\)](http://menomonieyouthsports.com)
3. Login to (or register for) your Sport Engine account and follow the instructions for registration.

How much does hockey cost?

The cost of hockey varies by age of skater and whether families choose to participate in the work assessment program and fundraising. Please see the chart on the MYHA Website- Under Current Season Information. Also attached below.

What happens after I register?

Once you register online and provide email addresses to our association, MYHA will begin to send you communications on our association's activities, important event dates, schedules, etc. You may also refer directly to our website [Menomonie Youth Hockey Association | MYHA \(menomonieyouthsports.com\)](http://menomonieyouthsports.com) for information.

Before the season starts, there will be an open house style **New Family Night** at the rink. At this time your new skater(s) will be fitted and provided with hockey equipment (excluding mouth guard, groin protection and hockey stick). This is also a great time to ask more detailed questions on fundraising, volunteer hours, practices, etc. Please register online prior to this date.

Once a team manager is assigned to your player group, they will also begin to share team-specific information. We typically begin practices in early October.

Equipment

What gear do I need to buy?

If you're a first-year skater, there is a great deal of equipment available for you to use at no charge. Based on availability, it is MYHA's goal to outfit each skater with all required gear excluding **mouth guard, groin protection and hockey stick**. Many skaters also like to wear a base layer of some sort (such as long underwear or T-shirt and shorts) underneath their gear. The base layer is not provided.

There is a great deal of used equipment available at area sporting goods stores, including Simple Sports or Dunham's here in Menomonie. Wherever you choose to go, someone at the store can help you get the right items. As with anything hockey related, please feel free to talk with your coaches, team managers, or MYHA board members.

Special Equipment Message

If you need to purchase gloves, breezers, and/or helmets, please purchase in **BLACK** to coordinate with overall team colors. Thank You!!

How do I dress my child in their gear?

If you need assistance in getting your skater prepared for hockey, your coaches and other team parents can help. You Tube is also a great resource for instruction on how to dress your skater properly in their gear.

In general, it's a good idea to put on the base layer first, followed by groin protection, shin pads, socks & breezers (hockey pants). Next, move on to skates, elbow pads, shoulder pads and jersey. Save the helmet and mouth guard for last, just before going on the ice.

Who should I contact if my MYHA equipment breaks?

Please contact the MYHA equipment manager for issues with gear. Many of the coaches or parents around the rink can also assist you, and even do some minor repairs. Please also feel free to contact any MYHA board member for assistance.

How frequently should I sharpen my child's skates?

Once a month is suggested at the lower levels, more frequently as skaters get older. It really comes down to personal preference, but monthly is a good starting point for younger skaters. Simple Sports on Main Street in downtown Menomonie is located close to the rink and offers skate sharpening services.

General Information

When does the season start and end?

Practice typically starts in early October. October is a heavy practice month, typically ending with tryouts for all groups (excluding Learn to Skate). Games usually begin in November and go through early to mid-March.

How many skaters are on a team?

The number of skaters on a team will be determined by how many skaters are signed up for each level. If a level has 20 or more skaters, MYHA may divide the group into multiple teams.

How do I know when practice and games are scheduled?

Ice time for practice and games is scheduled on a month-by-month basis. The days and times your child have practice may not be the same week to week, or month to month.

The calendar on the website is an excellent resource. Using the tag menu, you can narrow down the calendar items to only those that apply to you. Additionally, you may subscribe to the calendar, so all current events are displayed on your personal device.

Also watch for e-mails from your Team Manager for last minute changes and cancellations. There is a PDF version of the calendar available on the website as well, however, it is not updated with changes after publication. It is best to use SportsEngine for all your team information.

How do I find out if practice is cancelled?

Please watch for an e-mail from your team manager or coach for late breaking changes or cancellations to the practice schedule. When known, information will be put on the team webpage calendar, SportsEngine, and our Facebook page.

What can I expect at practices?

MYHA has adopted the American Development Model (admkids.com). The ADM is USA Hockey's nationwide player-development program for youth hockey associations. It's based on age-appropriate, age-specific competition and training for boys and girls, beginning with their first steps onto the ice and carrying them through age 18 and beyond. The ADM places a heightened emphasis on skill development and long-term athlete development principles, providing a blueprint for the best possible youth hockey experience. Put simply, it's doing what's best for kids.

You can expect stacked practices 1 x per week. This means that multiple teams will share the ice and work on drills that develop the basic skills of skating, stickhandling, passing, and shooting.

Can my younger children come attend/watch practices?

Yes, siblings are welcome, provided they are being supervised at the rink. The bleachers, community room or the concession area have seating available.

Am I expected to stay at the rink during practices?

For first year and LTS skaters, it's a good idea. You can get a better idea of what your child experiences in practice and you'll get to know the other parents and coaches. For more experienced skaters, it may not be necessary.

When should my skater arrive for games?

In general, please arrive 1 hour in advance of games.

What are dryland practices?

Dryland practice is training done off the ice to help skaters develop a solid foundation in fundamental movement skills. Dryland practice begins at the Mite level and will occur either before or after an on-ice practice.

What is the Ice Board?

The ice board is responsible for the physical structure and management of the rink. They are the 'business' side of MYHA.

What are play downs?

Play downs are tournaments or playoffs. You may hear of play downs later in the season. Sometimes we host play downs or tournaments at our rink and will be looking for help to staff those events.

What does a team manager do?

Team managers are key to a successful season for any team. They help with scheduling, communication, organizing team activities, and just about everything off ice. They will enlist parents to help do the various activities that need to get done. Some more specific examples include helping to coordinate hotel stays for overnight tournaments, game scheduling, communication of weekly practices/games, helping to notify the team of last-minute schedule changes, scheduling team/parent meetings, schedule rink cleaning, and many other items. The key is to understand they coordinate most of this, but they don't do it all. They often solicit other parents to help.

Who should I go to with questions or concerns?

Please reach out right away if you have any questions or concerns. Team managers, coaches, and board members are all here to help you. Other parents are also a great resource.

How do I contact the Hockey Board?

The monthly board meetings are open to all members and the first part of every meeting is for member comments and feedback. The meeting schedule is on the website; generally, meetings are held on the first Monday of each month at 7 pm at the rink. In addition, all board members are listed on the website along with contact information.

Fundraising, Work Assessment & Volunteer Hours

What are the fundraising requirements?

Our main fundraising activities are wreath sales and annual skate-a-thon. To keep our fees reasonable, each skater is expected to participate in fundraising activities, and is given a fundraising quota. Unmet wreath fundraising quota amounts will be billed to families at 75% of the outstanding amount at the end of the season. Unmet Skate-a-thon pledge quota will be billed at 100% at the end of the season. Please see the current year's Season Info document on our website's registration page for the current year's fundraising quota.

In addition, you may be asked to participate in fundraising activities at your home tournament. This may involve soliciting or making donations of cash or goods for silent auction/raffle sales.

What is the difference between Work Assessment Hours & Volunteer Hours?

Because MYHA is a volunteer run association, we rely on everyone's participation in a variety of ways for the season to run smoothly.

Work Assessment hours are work hours **assessed per skater** and are **tracked** by MYHA. Some examples of work assessment hour opportunities might be putting up and tearing down the rink, organizing and distributing wreaths, or working in the concession stand. Unworked assessed hours will be billed to each family at \$35 per hour. A preseason buyout is available for work assessment hours at \$30 per hour.

Volunteer Hours are untracked hours for everyday jobs during home games and home tournaments. For example, 5 volunteers are needed for each home game: 1 for each penalty box, 1 to announce the game, 1 to run the timeclock and 1 to fill out the score sheet. Other examples might be selling raffle tickets or cleaning the rink after your home tournament. These hours are not tracked by the organization. All parents are expected to pitch in and help to make our season run smoothly.

How many hours do I have to work?

For most levels, it is 25-28 Work Assessment hours per skater with a maximum of 50 per family. Please see the current year's Season Info document on the Registration page of the website for specifics.

Volunteer Hours at home games and home tournaments may vary.

Do I have to work in the concession stand?

Each family is required to complete a minimum number of hours in the concession stand. This is typically 5-8 hours per skater, depending on level. There is a preseason buyout available at \$30 per hour for concession hours. Unworked concession hours will be billed at \$35 per hour at the end of the season.

Can I buy out my Work Assessment & Concession Hours?

Yes. There is a buyout option available at the beginning of the season only and is \$30 per hour. Concession Hours are available for buyout at \$30 per hour. You may select and pay for the buyout option during the registration process.

How do I sign up for Work Assessment/Concession Hours & Volunteer Hours?

Work Assessment & Concession Hours use the DIBS system available on the MYHA website. Please note that concession hours are available for signup as they are known and may be posted last minute.

Team Managers are responsible for filling Volunteer Hours; most use SignUp.com.

How do I find out about Work Assessment Hour opportunities?

Work Assessment Hour opportunities will be listed on the website and in e-mail communications. Please also feel free to reach out to MYHA board members and your team manager.