

Here's what you should know (10U/Squirts)



Hockey Season

- Fergus Falls Community Arena has ice by the second week of October.
- 10U/Squirt Regular Season is Oct.- Feb.

Season Outlines and what to expect for each level

- 11-12 skaters & 1-2 goalies per team (nonplaying goalie should be encouraged to skate out as forward or defense)
- 4-5 on-ice sessions per week including practices and games
- Recommend 3 to 1 practice to game-day ratio: 30- 35 games per season, not including post season play
- Pre-season player development sessions count toward practice to game-day ratios
- Incorporate tracking, angling and body positioning drills into practice
- 2 off-ice training sessions per week (30-40 minutes)
- Minimum 2 teams per on-ice practice session (3 recommended, 30-40 players)
- Players grouped by like ability in practices and games
- Rotate positions so that participants experience playing both forward and defense
- Squirt/ 10U players will take part in House League under direction of the FFHA Squirt House League Director

Parent Meeting's

- There could be parent meetings requested during the season such as travel team parent meetings or other important information meetings. Parents will be notified prior to any meetings.

Fundraising

- Each skater will be responsible for selling twenty \$10 raffle tickets for a cash raffle.
- Due to lawful gaming rules, raffle stubs **must be turned in by date stated on raffle tickets.**

Volunteer Policy/ Concessions

There are many opportunities for volunteering in the association through coaching, team managing, being on a committee, helping with events, etc. Emails periodically are sent out asking for volunteers, please help when you are able. Without parent volunteers, FFHA would not be able to be as successful. If you are interested in volunteering, please reach out to us.

Fergus Falls Hockey Association Concession Stand Guidelines

The concession stand at the Fergus Falls Community Arena is operated by the Fergus Falls Hockey Association (FFHA) during the hockey season, staffed by volunteers. This initiative serves as a significant fundraiser, with all proceeds going to the FFHA to help keep registration costs down.

Each family is requested to volunteer 15 hours per skater, with a maximum of 30 hours per family. If you prefer not to fulfill your volunteer hours, you have the option to donate the equivalent value. The donation amount is \$300 per child, with no maximum limit. Please note that these funds will be used to pay others to work outside of the volunteered hours.

The concession stand operates from mid-October through late March. FFHA uses the Dibs tool through SportsEngine to manage sign-up and tracking of concession hours. We recommend not waiting until the end of the season to complete your hours.

Important Updates:

After November 30th, if you choose not to fulfill your required hours and wish to donate instead, the donation fee will increase to \$500 per child, with no maximum limit.

Volunteer Responsibilities:

If you sign up to volunteer in the concession stand and cannot work your shift, it is your responsibility to find a dependable replacement.

Please be considerate and avoid canceling at the last minute, as finding a replacement can be challenging.

Age Requirements (per MN Department of Health regulations):

15 years of age to work with a parent

16 years of age to work without a parent

18 years of age to work during a high school hockey game – No Exceptions!

SEE YOU AT THE RINK!