

Mahtomedi Youth Hockey Association



2023-2024 Parent & Player Handbook

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MISSION STATEMENT

The mission of the Mahtomedi Youth Hockey Association is to design programs aimed at creating a fun, fair, and safe hockey environment that increases participation and improves skills while developing respect for others, self-confidence, and teamwork in our student-athletes.

WELCOME FROM THE MYHA PRESIDENT

Welcome to the 2023-24 season of Mahtomedi Youth Hockey. For those that are new families, welcome to our Association, and those returning welcome back! This is my tenth year on the board, my sixth as President. I am honored and humbled to serve as your President in such a fine association.

As we enter the 54th season of MYHA hockey, I would like to thank all the countless volunteers, coaches, managers, and parents. We could not do it without you! Also, I would like to welcome all our incoming board members and say that I am excited to work with all of you.

I am again looking forward to another great season! Last season was another outstanding season for Mahtomedi! Finally, please continue to support our charitable gambling efforts at the Dugout and Quinny's!! Thank you to all that have participated, and in total last year, close to \$100,000 was donated back to the Association!

Thank you for your continued support! Good luck this season!

Go Zephs!!!

Alex Rogosheske
MYHA President

MYHA ORGANIZATION AND HISTORY

The Mahtomedi Youth Hockey Association (MYHA) was organized in 1969 as a non-profit corporation by a group of caring and dedicated volunteers who wanted to provide for every child in District #832 with the opportunity to play organized hockey. The Association is governed by an elected Board of Directors composed of interested parents and community residents. MYHA is a Minnesota Amateur Hockey Association (MAHA) and USA Hockey (USAH) member. MYHA traveling teams play in Minnesota's District 2. MYHA determines the number of teams and the level of play based on the anticipated number of players registering for hockey. The Board of Directors uses USAH guidelines to help determine the number of players per Team. In general, younger players will have fewer players per Team to increase the number of touches per ice session, and older players will have more players per Team to compensate for the rigor of play.

MITES/6U/8U

Mites

The Mite program is structured by age group and receives progressively more ice time per year, and skaters are placed at the level that best matches their skill level:

- Mini-Mites Pre-K (Min 4 years old by 9/1 of the current season) and Kindergarteners.
This level teaches the most essential skills of hockey and is intended for players with 0-1 years of skating experience.
Skills are focused on forward and backward skating, stopping, turning, stickhandling, and introducing crossovers.
Mite Intro/U6 DO NOT play games outside of MYHA per USA Hockey rules. In-house jamborees will be scheduled.
- Mite 1 - typically 1st graders.
In addition to the basic skills, this level teaches forward and backward crossovers, hockey stops in both directions with the puck, front to back/back to front transitions, full speed power turns, shooting, edge awareness, stick-handling, passing, and introduction to gameplay.
- Mite 2/3 – typically 2nd through 3rd/4th grade players.
This is an evaluation-based division, where skaters are grouped by ability at the beginning of the season. In addition to the skills outlined above, this level continues the skill development of skaters, emphasizing games against other associations in MN Hockey District 2. Per USA Hockey rules, there is a maximum of 2 full ice games with additional games played either cross-ice or on 2/3 ice sheets.

The Mite program is structured by age group and receives progressively more ice time per year, and skaters are placed at the level that best matches their skill level:

This level teaches the most basic skills of hockey and is intended for players with 0-1 years of skating experience.

Skills are focused on forward and backward skating, stopping, turning, stickhandling, and introducing crossovers.

Mite Intro/U6 DO NOT play games outside of MYHA per USA Hockey rules. In-house jamborees will be scheduled.

Ice sessions one time per week

Practices for this group start late October and will run through late February. The program descriptions above were created using the development guidelines established by USA Hockey and Minnesota Hockey. As a member association, MYHA is committed to advancing our players in accordance with USA Hockey's American Development Model. We encourage parents to follow these guidelines when registering their son or daughter. We understand that several factors such as a child's grade in school, individual skill level, and previous hockey experience may differ from the established guidelines; however, we want to stress the importance of registering players at the appropriate level to ensure successful, long-term participation. MYHA reserves the right to place players at the appropriate level. If you have questions or would like further clarification, please contact our Mite director, Luke Juhl, at lejuhl@kw.com

- Mite 1 – typically 1st graders.

In addition to the basic skills, this level teaches forward and backward crossovers, hockey stops in both directions with the puck, front to back/back to front transitions, full speed power turns, shooting, edge awareness, stick-handling, passing, and introduction to gameplay.

Mite 1 play in-house and external jamborees

Ice sessions two times per week

Practices for this group start late October and will run through late February. The program descriptions above were created using the development guidelines established by USA Hockey and Minnesota Hockey. As a member association, MYHA is committed to the advancement of our

players in accordance with the USA Hockey's American Development Model. We encourage parents follow these guidelines when registering their son or daughter. We understand that a number of factors such as a child's Grade in school, individual skill level, and previous hockey experience may differ from the established guidelines; however, we want to stress the importance of registering players at the appropriate level to ensure successful, long-term participation. MYHA reserves the right to place players at the appropriate level. If you have questions or would like further clarification, please contact our Mite director, Luke Juhl, at lejuhl@live.com

- Mite 2/3/4 – typically 2nd through 3rd-grade skaters.

This is an evaluation-based division, where skaters are grouped by ability at the beginning of the season. In addition to the skills outlined above, this level continues the skill development of skaters with an increased emphasis on games against other associations in MN Hockey District 2 or other local associations. Per USA hockey rules, there is a maximum of 2 full ice games after Dec. 31, with additional games played either cross ice or on 2/3 ice sheets. Mite 2/3 will also participate in 2 Jamborees during the season. Mite 1 aged players may move-up to Mite 2/3 based at Mite Director and Coach discretion.

Ice sessions two-three times per week.

Practices for this group start late October and will run through late February. The program descriptions above were created using the development guidelines established by USA Hockey and Minnesota Hockey. As a member association, MYHA is committed to the advancement of our players in accordance with USA Hockey's American Development Model. We encourage parents to follow these guidelines when registering their son or daughter. We understand that a number of factors such as a child's Grade in school, individual skill level, and previous hockey experience may differ from the established guidelines; however, we want to stress the importance of registering players at the appropriate level to ensure successful, long-term participation. MYHA reserves the right to place players at the appropriate level. If you have questions or would like further clarification, please contact our Mite director, Luke Juhl, at lejuhl@live.com

- Players with summer birthdays (June 1 – Sept. 1) are allowed the option to play up to stay with others in their Grade if desired.

6U/8U Girls

- Eight and under girls will be structured by age group and receive progressively more ice time as they get older
- Depending on the number of girls registered, eight and under will be separated into the following two age groups: 6U, and 8U
- Players age group is determined by their age on June 1 of the year of registration
 - 6U – ages 4, 5, and 6 (typically Pre-K through 1st grade)
 - Girls turning four between June 1 and September 1 are also allowed to register.
 - Teaches basic hockey skills focusing on forward and backward skating, stopping and turning.
 - Builds on basic hockey skills including stickhandling and skating with the puck, front/back transitions, power turns, edgework, passing, introducing basic defense vs. forward position
 - Will play half-ice games against other associations, an in-house jamboree & an outside jamboree
 - May group girls according to skill during practice and games
 - 8U – ages 7 and 8 (typically 2nd and 3rd graders)
 - Continues with hockey skills including crossovers, shooting, introducing 5v5 positions
 - Will play half-ice games and full-ice games against other associations, an in-house jamboree & multiple outside jamborees
 - Girls will practice together and will be leveled according to skill into multiple teams for games
- Girls with summer birthdays (June 1 – Sept. 1) are allowed the option to play up to stay with others in their Grade if desired

TRAVEL LEVEL PROGRAMS

The girls's program (U10, U12 and U15) is sanctioned as a co-op for the 2023-2024 season with Roseville Area Youth Hockey. For information on the Roseville-Mahtomedi Marauders, please visit their website at [Marauders Hockey](#).

The boys' program will typically have an A, B and a C team at the SQUIRT, PEEWEE AND BANTAM levels. The B teams also have a delineation of B1 and B2. If there is one B team, the Board of Directors will determine the appropriate level of play based on coach feedback. The default level is B1. Eligible boys may try out for the A and B teams. If a player does not participate in tryouts, they will be automatically placed on the C team.

All teams compete with other teams from Minnesota Hockey District 2 and are scheduled in 4 tournaments, one being out-of-metro. Teams will have 50 hours of scheduled practice ice.

Note to all participants:

MYHA will field teams in all categories when the Association has enough participants at that level. In the event that MYHA does not field a team, MYHA will proactively work with other area Associations from surrounding communities in an attempt to find individuals to play. Individuals wishing to pursue a place to continue their participation/ must follow the Waiver process outlined in PARTICIPATION AND WAIVER section of this document. Please contact the MYHA Registrar for additional information. One note: Boys Junior Gold and U16 teams are typically formed shortly after High School tryouts are completed in mid-late November. Any questions you may have during the season, whether in-house or traveling, should first be directed to the Team's coach or manager. Second, contact the age level director as listed in Appendix B of this document. Finally, questions or concerns can also be presented during the monthly meetings of the board of directors. Meetings are held once a month at a public location in Mahtomedi (City Hall and the Library have been used) 3rd Sunday of the month, unless otherwise noted on the MYHA Calendar. Member participation at board meetings is encouraged and expected. Active members are allowed to comment during the open public comment at the start of the meeting. Finally, MYHA is committed to providing a quality hockey program for our young players and is excited to welcome new members to the organization each year.

PLAYER FINANCIAL RESPONSIBILITIES

All players that select the option to try out are committing to the payment of registration fees, jersey fees and the try out fee. For those that select the option to not try out, they will be responsible for the registration fees and jersey fees.

Notes:

1. Any registrations (Jr Gold, Mites, U6, U8 excluded) received after Jul. 31 of the current year will be subject to a \$100.00 late processing fee.
2. A traveling level evaluation fee is required for anyone registering for an A or B level in the boys' program or A team in the girl's program.

REFUNDS

When authorized and approved by the MYHA Executive Board, individual player refunds will be paid by the MYHA Treasurer.

For all traveling levels (Squirts, Peewee, Bantams, Junior Gold and 10U-15U), at the level the player requesting the refund is registered and regardless of participation in the first evaluation, once the first evaluation group at the level the player requesting the refund has begun, no refunds will be granted for any reason, except for players moving up to play at the high school level.

For the non-traveling levels (All mite levels and 8U and below), at the level the player requesting the refund is registered and regardless of participation in the first practice, once the first practice has begun, no refunds will be given for any reason.

Refunds will be limited to the amount paid at that point less the following:

1. Minnesota Hockey individual fees.
2. USA Hockey individual fees.
3. Tryout fees (if the refund request is made before tryouts)

This policy pertains to all situations; medical, personal, logistical, etc.

TEAM EXPENSE GUIDELINES

As part of each year's team budgeting process, the MYHA Board will approve a Team Expense budget based on age and competition level. It is the responsibility of the Team Coach and Team manager to utilize these funds in a manner consistent with the needs of the Team.

Examples of Team Expenses:

- Referee Fees (scrimmage games, rescheduled game fees) – must be D2 referees. See D2 website for more information on this.
- Team Equipment – First Aid Kits, water bottles
- Team Training – other than the coach
- Away tournament Food/Party Room
- Coaches gifts

FUNDRAISING

Fundraising is an important Association Function. Association fundraising is focused on supporting capital improvements to facilities and equipment and association development. To ensure optimum participation and success for the Association, the following fundraising activities are planned this year.

- Annual Hockey Equipment Garage Sale
- Charitable Gambling at the Quinny's and Forester's Dugout
- Squirt Fall Camp Fundraiser
- Pizza Fundraiser

All fundraising done by members of the Association is to be for the benefit of the entire Association, not individual teams.

EVALUATIONS

Player Evaluation Processes:

<http://mahtomedi hockey.pucksystems.com/> Please refer to Evaluation tab.

Injury Policy:

If a player is injured or is suffering from an extended illness at the time of evaluations, the parent may petition the MYHA Board and the MYHA Board will determine the level of play for the player.

See Appendix C – for current year age levels and birth date cutoffs.

PARTICIPATION AND WAIVER POLICY

MYHA will comply with MN Hockey District 2 policies. The following restrictions apply to all participants in MYHA and will be enforced. Additional information on this can be found on the Minnesota Hockey website: www.minnesotahockey.org

PARTICIPATION POLICY

Minnesota Hockey is a community-based amateur hockey program. Members in good standing are to participate on teams from their local Association (local affiliate) based on the residence of their parent(s) or legal guardian(s). The boundaries of the geographical area served by each local Association are determined by MH and recorded in the Affiliate Agreements. In some

circumstances, players may participate in another association by requesting a formal waiver from this policy.

PARTICIPATION RULE

1. Youth Hockey players must register and participate with the Association whose boundaries incorporate the player's residence. If a player desires to participate on a team from any other association, the player must obtain a waiver.
 - a. All waiver requests must be submitted on the current Waiver Form provided by MH.
 - b. The Waiver Form must indicate the reason for the waiver request. (school attendance, opportunity to play on travel team, co-op team, etc.).
 - c. Any conditions that apply to a waiver must be indicated on the Waiver Form and initialed by all parties executing the waiver.
 - d. Waiver Forms must be signed by the releasing and receiving Association's presidents.

After approval by the association presidents, Discretionary Waivers must be submitted to the District Director for approval (both Directors if two Districts are involved). • Provide copies of approved Mandatory Waivers to the District Director (both Directors if two Districts are involved). District Director approval may not be needed on Mandatory waivers.

Players residing outside of the state of Minnesota that desire to play for MH must follow the Inter-Affiliate Player Transfer Protocol.

2. Definitions

Residence - the legal dwelling of the player's parent(s) or court-appointed legal guardian(s) having custody of the player as substantiated by sufficient evidence to establish the location of the legal dwelling such as a valid driver's license, lease, property tax bill, utility bills or other persuasive evidence as to where the player lives. A pending relocation is not considered to be the player's residence unless the parent(s) or legal guardian(s) have completed the purchase or executed a lease and moved into the new residence. In the case of foreign exchange students, the place the player resides while in the USA shall be considered the player's residence.

Association of Residence - the Association whose boundaries incorporate the player's residence.

Association of School Attendance - the Association whose boundaries incorporate the location of the school the player attends.

Home Association - either the Association of Residence, or the Association of School Attendance to which a player has been properly waived.

Mandatory Waiver – neither the releasing nor the accepting Association can decline to approve a school attendance waiver that meets the requirements as described below.

Discretionary Waiver – an agreement between associations to transfer a player for reasons as agreed to by the affected associations and District Director(s). Any of the approving parties have the authority to reject such a waiver.

3. A Mandatory (School Attendance) Waiver shall be granted to any player who wishes to participate in the MH association whose boundaries incorporate the school in which the player is enrolled and is attending, as follows:
 - a. For schools with multiple campuses, the "main" campus shall prevail unless agreed otherwise by the affected District Director(s).
 - b. Players waived based on school choice shall be deemed to be members of their Association of School Attendance and shall have full rights and privileges accorded to all members of that Association, including voting rights. (Exception - see "Changing Schools" below.)
 - c. Players receiving a waiver based on school attendance shall register with their Association of School Attendance for as long as they are qualified students of that school (including the first year). If they stop attending school in that associations area, they revert back to their Association of Residence for participation or waiver.
4. Players waived for non-school attendance reasons shall be subject to the receiving association's policies in accordance with MH governing documents (e.g. may not be eligible for "A" team, may be assigned to lowest available Team, etc.). They shall remain members of their Home Association, not the Association they were waived into, with full rights and privileges accorded to all members of their Home Association, including voting rights.
5. Changing School
 - a. Players who change schools without a related change of residence shall elect one of the following:
 - i. Have full eligibility to compete at any classification in their Association of Residence; or
 - ii. Be eligible at all except the highest division in their Association of School Attendance for one year beginning with the first day of attendance in the new school, with full eligibility thereafter.
 - iii. *Exception:* Players enrolling in 9th Grade for the first time are immediately eligible to compete at any division in their Association of School Attendance.
 - b. Players who have participated in their Association of School Attendance and desire to return to their Association of Residence without a related change of school shall elect one of the following:

- i. Have full eligibility to compete at any division with their Association of School Attendance for one (1) year beginning with the first day that they notify in writing both involved associations of their intent to return to their Association of Residence; or
 - ii. Be eligible at all except the highest division in their Association of Residence for one (1) year beginning with the first day that they notify in writing both involved associations of their intent to return to their Association of Residence.
 - c. For purposes of this rule, a team that is eligible to participate in "AA" level playoffs at the end of the season will be considered a higher division than a team within the same Association that is eligible to participate in "A" level playoffs.
 - d. Submit unusual circumstances to the District Director Committee for a decision. Unusual circumstances may be submitted to the District Director for determination. The District Director's decision is final.
6. A player that participates without a necessary waiver is considered an ineligible player. Refer to the Section entitled Eligibility Provisions. A waiver must be obtained before a player can participate outside of their Home Association. During a season, a player that registers or participates with one Association cannot participate with any other association without a waiver (applies to players with dual residency). The only exception to this case is a move or change of residence.
7. Players denied a waiver or given a waiver with conditions by their Home Association may appeal in writing to the Home Association's District Director Committee. The Committee's decision is final.
8. Players having dual citizenship, one being the United States, must also conform to the participation rule.

Use of an assumed name, falsification of age, or listing a false school or address will result in expulsion from MYHA for the remainder of the season as defined by Minnesota Hockey rules. The MYHA has the right to verify any player's school and residency at any time.

PRIVACY POLICY

Player's Privacy:

To assist in maintaining the privacy of our Association's families and players, the Mahtomedi Youth Hockey Association's web site will only display generic pictures. We do intend to publish stories about teams that are submitted by team coaches and managers.

Email Addresses and Communications:

MYHA will keep the email addresses of our membership confidential. We will not rent or sell members email addresses. Email addresses and phone numbers of our elected board members, team coaches and team managers will be published on the web site. MYHA does intend to communicate information via email periodically to our members. We will utilize the MYHA website to send out blast emails to all members. This is an email that comes from MYHA and doesn't list recipients. Each team head coach and manager will be given the email address/es given at registration. All communication will take place using email addresses, please be sure, your player's coach and manager have any and all email addresses that your family uses.

ICE SCHEDULING

The City of Mahtomedi, the Mahtomedi School District and the Mahtomedi Youth Hockey Association (MYHA) have an agreement with the St. Croix Recreation Center (SCRC) to purchase a certain amount of ice each year. This includes the two rinks at the SCRC and Lily Lake. The amount of ice contracted for the 2023-24 season is 350 hours of which MYHA is assigned 70 hours (23 hours @ Lily Lake Ice Arena and 47 hours @ SCRC North Rink). The South rink is used by the high school for boys Varsity and JV games. SCRC does the scheduling for all three rinks. The Mahtomedi schools, Stillwater schools and their hockey associations use these rinks. SCRC tries to divide the nights of the week and weekends between the associations. We may have ice times Monday, Wednesday and Friday one week and then Tuesday and Thursday the next. MYHA is contracted with Ramsey County for 462 hours of ice at White Bear County Arena. New this season we are going to contract with the This will be our second season of a two year contract with the Woodbury Area Hockey Club for 400 to 489 hours of ice at Harding Arena. We also have the opportunity to purchase additional ice (if needed) with Augsburg, Polar/Tartan, Ramsey County and Somerset once their schedules are completed.

The guidelines and Definitions that are used for scheduling our teams is as follows:

- Early ice: start time prior to 8:00 a.m.
- Very Early ice: start time prior to 7:15 a.m.
- Late ice: start time after 8:30 p.m.
- Very Late ice: start time after 9:00 p.m.
- Minimize early and late ice as much as possible
- Don't share early and late ice amongst teams
- Mite 1, Mite 2, Mite 3, Mite 4, 6U and 8U split early ice with an equal distribution of "Early" and "Very Early" time slots
- Mini Mite's allotted occasional "Early" ice if necessary, to absorb ice
- Peewees, Bantams, 12U, 15U, and Junior Gold split late ice with an equal distribution of "Late" and "Very Late" ice

- Wednesday nights avoided or used for games
- Schedule games to start on or after 9:00 a.m. on weekends and 5:30 p.m. on weekdays but before 8:45 p.m. both weekends and weekdays
- All teams other than Mini Mite, Mite 1, 5U and 6U are scheduled for practice every Saturday and Sunday, except in the case of a game, tournament, or insufficient ice
- Ice practice slots are generally 60 minutes, but may be scheduled for 75, 90, 105 or 120 minutes depending on ice supply, team game/tournament schedule, and presence of 90-minute game slots
- Team share ice with teams at same level or one level up/down
- Teams are schedule for minimum of 12 hours between ice events (Game and/or practice)
- Mite and 8U's will skate full sheet only if no good sharing options exist, or if required to absorb ice supply.

ICE SCHEDULES

The ice schedules are on the MYHA website. They are subject to change so please check with your coach or manager if you have questions. In addition, MYHA contracted with Mahtomedi Community Ed to utilize the outdoor skating rinks and warming house for practices and jamborees. The maintenance is shared with the City of Mahtomedi and Community Education. Teams are scheduled to practice (weather permitting) once each week at the outdoor rinks. All MYHA managers will work together to trade hours if necessary. Indoor ice practices supersede outdoor ice. It is imperative that teams use their outdoor ice time, trade it, or give it away.

Friday Nights- One rink will be reserved for Mites/8U/6U age players for pick up hockey. This will be labeled as MITE/ 8U/6U/5U NIGHT on the schedule. Players in 3rd Grade and under have priority use of the rink reserved for the Mite/U8/U6 skaters.

Saturday mornings are reserved for Mites and 8U/6U internal and external jamborees. The Coordinators at those levels will work together and within the USAH, MH and ADM guidelines to schedule and plan the jamborees. There are plenty of hours and dates to accommodate every Team getting the proper number of Jamborees.

WHO CAN BE ON THE ICE?

Only official USA hockey rostered MYHA coaches and players on a team are to be on the indoor or outdoor ice when a team has a practice, Game, or on ice activity. No other children, siblings, parents, adults, or managers are to be on the ice. This is a USA hockey rule. By allowing others on the ice you are jeopardizing the insurance coverage that MYHA has through USA hockey.

High School Mentoring Program:

Once a high school hockey player is officially on a team they may assist with a practice. If under the age of 18, they must wear full personal protective equipment. They can be on the ice one to two times per season as part of a mentoring program. If you have any questions or concerns regarding these policies, please contact a MYHA board member.

EQUIPMENT AND SAFETY

MYHA promotes player safety and **REQUIRES** all players to be completely outfitted with the following list of Personal Protective equipment during all MYHA (indoor and outdoor) practices, clinics and games. MYHA insurance coverage is by USA hockey and requires full personal protective equipment for all MYHA on-ice activities. It is the responsibility of **ALL SKATERS** to report in full personal protective equipment for games and practices, indoor and outdoor, or they will **NOT BE ALLOWED TO PLAY**. It is the responsibility of the Coaches and Managers to enforce this rule.

PERSONAL PROTECTIVE EQUIPMENT

- Helmet, Mask and Chin Strap - must be HECC approved (Note: Navy Blue is the required color for all Squirt/U10 and older teams)
- Full Mouth Guard (**colored**)
- Shoulder Pads
- Elbow Pads
- Hockey Gloves (Note: Navy Blue is the required color for all Squirt/U10 and older teams)
- Shin Pads
- Breezers (Note: Navy Blue is the required color for all Squirt/U10 and older teams)
- Athletic Supporter and Cup or Pelvic Protector
- Hockey Skates

Note: Parents are encouraged to be sure their skater has proper fitting skates. A proper fit is essential to ensure the skater is comfortable and safe on the ice. Sharp skates are also an important maintenance item and most Sporting Goods stores offer package plans for the season.

Note: Neck Protector is optional for our district.

GENERAL EQUIPMENT

- Hockey stick (traveling players should have 2)
- Socks – will not be provided each year anymore and must be purchased through the association at the start of each season and are required for participation.
- Equipment Bag - optional

- Jerseys – Game and Practice Jerseys are to be purchased through the association and are required for participation.

Note:

All Jerseys and socks are property of each individual association member and/or family. At the start of your traveling career you will be assigned a number and that will be your number for entire time in the association. It will be up each individual association member when they replace their practice or game jerseys or socks. New game, practice jerseys and socks will be available for purchase at the beginning of each season.

OUTDOOR SKATING

We would like to emphasize the importance of your child skating as often as possible. Too often, children want to play hockey and concentrate on stick handling and control of the puck. While these are obviously important aspects of hockey, the key to a successful player is their skating skills. Several arenas in the area offer open skating and we encourage your player to spend as much time as possible skating but maintaining a balance with home/school/church/sports. Outdoor rinks are always open if the weather permits; warming house is open as scheduled by Community Ed when the temperature is within the range they have defined as acceptable. Community Ed Weather Hotline: 651-407-2020
Warming House has a land line- number is: 651-653-1864.

WARMING HOUSE RULES

The following will not be tolerated by any individual:

1. Fighting
2. Use of alcohol, drugs, tobacco, or firearms
3. Destruction of property (warming house, lights, ice, goal nets, ETC.)
4. Theft of individual or community property
5. Disobeying warming house attendant
6. Verbal or physical harassment of other individuals
7. Disruption of structured and unstructured activities

Violation of any of these rules will result in being banned from use of the warming house and rinks, subject to review by the District Education Director and or the Mahtomedi Youth Hockey Association.

Anyone causing damage to the rinks or warming house will be held financially responsible for the costs to repair them. Please remember that this is your warming house, take care of it and do not let others destroy it.

Thank you!

To report any violators, please call the MYHA President - See Appendix A

GUIDELINES FOR PARENTAL INVOLVEMENT

The growing participation of parents in the USA Hockey movement has developed a need for a "Role definition" and a "Statement of guidelines indicating how, when and where a parent should involve himself/herself in the child's activity". Parental pressure disguised as love and concern can quickly destroy a player's desire to participate. Once the priorities are misplaced and the activity is no longer player oriented, but parent oriented, we have lost the purpose and ultimate objectives of Youth Hockey.

10 GUIDELINES FOR PARENT'S INVOLVEMENT IN YOUTH SPORTS.

1. Make sure your children understand that win or lose, you love them.
2. Be realistic about your child's physical ability.
3. Help your child set realistic goals.
4. Emphasize "Improved" performance, not winning.
5. Don't relive your own athletic past through your child.
6. Provide a safe environment for training and competition.
7. Control your emotions at games and events
8. Be a "Cheerleader" for your child AND other children on the Team.
9. Respect your child's coaches. Communicate with them in a positive way.
10. Be a positive role model.

GOOD ADVICE

There is nothing inherently good about scoring a goal, forechecking, backchecking, making a save or winning a game. It is only good if it enhances the process of educating our young, socializing them, making them more aware of life, and/or allowing them to have fun.

Hockey doesn't mean anything unless we reinforce those values that make for a successful citizen. Honesty, integrity, sportsmanship, coachability, and hard work - these are the values, more than anything, that we are here to develop. Sports do not build character; they reveal it. It's what we do with the opportunity to help children develop positive character traits.

TEAM MANAGER RESPONSIBILITIES

PURPOSE

The following is a brief list of the MYHA team manager's responsibilities, and a summary for the team's off-ice activities. Team managers will partner with coaching staff and are encouraged to delegate duties to team parents/guardians.

BEGINNING OF SEASON

- Complete the manager registration process (USA Hockey + MYHA).
- Complete background screening and SafeSport requirements.
- Collect CEP numbers from head and assistant coaches.
- Resolve team registration issues/discrepancies "redlined" by D2 or the MYHA Registrar.
- Attend a D2 mandatory coach and manager meeting.
- Attend a mandatory MYHA manager information meeting.

TEAM COMMUNICATIONS

- The team manager is the primary source of all communication for the team.
- Communicate and manage information on the following platforms: SportsEngine, email, GroupMe, and the MYHA team webpage.
- Webpage access will be given using the NGN/TST login id. MYHA team webpage should follow the privacy guidelines. First names may be used OR last names but never both.

COACH & PARENT TEAM MEETING

- Plan coach and manager meeting to discuss coach vision, scrimmage scheduling, and team expectations.
- Plan and host a parent/family team meeting to communicate all season expectations.
 - Outline coach visions and goals, and outline player and family expectations.
 - Highlight MYHA Code of Conduct.
 - Review season schedule, tournaments, uniforms, and volunteer duties.
 - Distribute volunteer schedule (clock, penalty box, scorebook). All families are required to assist in these duties, no DIBS will be given.
 - Discuss tournament schedule and out-of-town hotel expectations.
 -

TOURNAMENTS

- Connect with the MYHA Tournament Coordinator for all information on your team's tournaments, including hotel information for your away tournament - Appendix B.
- Confirm payment on all tournament fees and entrance fees that have been paid by the treasurer - Appendix A.
- If you have an "out of state" tournament (i.e., WI, ND), secure forms and signatures.

- Arrive one hour before the tournament's first game, to complete team registration and Tournament Director's review of the Official Team Registration Book.
- Hotels are arranged by the Tournament Coordinator only.

ICE SCHEDULING

- Ice scheduler handles all indoor and outdoor ice scheduling of games and practices.
- Work with other managers for trading ice hours if conflicts arise.

GAMESHEET/DIGITAL SCORE SHEET & ROSTER/COACHES LABELS

- Each traveling team will be issued an iPad by the MYHA for use during the season.
- Managers are responsible for the team iPad: possession, charge, and condition.
- Prior to each game the manager will ensure the team iPad is ready for use at the game with the iPad charged, the GameSheet loaded, with coach and official signatures obtained.
- GameSheet scoring duties will be performed by manager or by a delegated family per required team game duty responsibilities.
- Information on GameSheet, Inc. and helpful links:
 - [GameSheet Inc | Digital Scorekeeping & League Operations for Modern Sports Leagues](#)
 - [Quick Start Guide - Scoring a Game - GameSheet Inc. Knowledge Base](#)
 - [Training Videos - GameSheet Inc. Knowledge Base](#)
- Create roster and coach labels. Roster and coach labels may still be needed for some scrimmage games and tournaments where GameSheet is not being used, and/or as a backup with any GameSheet technical issues.

SCRIMMAGES

- Schedule scrimmages with partnership of the coaching staff.
- Secure ice time for desired scrimmages (solo practice ice). Secure and provide payment for (D2) referees with team funds, if needed.
- Add scrimmages with details to the team calendar.

DISTRICT 2 (D2) GAMES

- Once district game schedule is published add the D2 game schedule to the team calendar with details.
- Coordinate any required game rescheduling with the opposing team manager and follow the D2 rescheduling notification procedure on the D2 website.

TEAM PICTURE DAY

- Ensure the players and coaches are ready for pictures at the assigned time, date, and uniform as given by the Picture Coordinator - Appendix B.
- Arrive 10 minutes before the appointed time to get the team checked-in and to pick up picture cards to distribute to coaches and players.

TEAM APPAREL

- All apparel must be ordered online through MYHA. NO teams can purchase group apparel outside of MYHA.
- The MYHA Apparel Coordinator will notify you if they have apparel for your Team after each window is available for pickup. Discreetly message families with active orders to create a plan for apparel distribution.

PLAYER AWARDS

- Several individual achievement awards can be submitted to Minnesota/USA Hockey throughout the season. The form is available on the D2 website, www.d2hockey.org.
 - Zero Club: Goalkeeper, playing a complete game without allowing a goal.
 - Hat Trick award: player scoring three goals in one game.
 - Playmaker award: player registering three assists in one game.

RINK RAT

- Collect Rink Rat submissions from eligible students and submit to the MYHA Rink Rat Coordinator, Appendix B.
- Distribute Rink Rat t-shirts to all qualifiers on your Team.

ACADEMIC EXCELLENCE

- Promote academics throughout the hockey season.
- Share Academic Excellence information and timeline to the team and families as provided by the AE Chair - Appendix B.
- Submit eligible Academic Excellence student athletes to AE Chair.

END OF THE SEASON

- Plan and execute season end celebration.
- Return team iPad and extra game jersey/socks to MYHA Manager Lead.
- Email team fund reconciliation form to MYHA Manager Lead.

APPENDIX A: MYHA BOARD OF DIRECTORS 2023-2024

Board Position	Name	Contact Information
President	Alex Rogosheske	651-253-3127 alex.rogosheske@rogo-law.com
Vice President	Abe Appert	612-272-6511 abe.appert@cbre.com
Secretary	Kelly Taff	612-867-1540 kelly.taff@optum.com
Treasurer	Krissy Wright	651-329-5413 krissy.m.wright@medtronic.com
Mite Level Director	Luke Juhl	651-403-3189 lejuhl@live@msn.com
Squirt Level Director	Kevin Bidon	651-775-0902 kevin@metro-sheetmetal.com
PeeWee Level Director	Tom Larson	612-867-2181 thomaslarson78@comcast.net
Bantam Level Director	Brent Sorenson	651-983-4743 soren054@gmail.com
Girls Level Director U10/U12/U15	Garth Pawluk	651-470-5704 garth.myha@gmail.com
U6/U8 & Recruitment Director	Luke Spannbauer	612-670-0326 lspannbauer@gmail.com
D2 Representative	Tom Leonard	651-248-7922 tom@furymotors.com
Director of Coaching and Fundraising	Brandon Sampair	651-755-2954 bsampair@sampaircos.com
Director of Player Development	Tim Boberg	651-336-1797 taboberg@gmail.com
Junior Gold Director	Nate McClanahan	651-343-0512 nathmc829@hotmail.com

APPENDIX B: MYHA COMMITTEE CHAIRS 2023-2024

Committee Chair Position	Name	Contact Information
Academic Excellence Coordinator	Kelly Lehmicke	651-491-9061 kalehmicke@gmail.com
Apparel Coordinator Lead	Holly Kutzer	651-329-4733 stev1919@msn.com
Charitable Gambling Manager	Jim Kirkwood	651-707-3377 jekirkwood@hotmail.com
Volunteer Coordinator (DIBS)	Diane Zenk Caitlin Powell	651-470-5305 diane.nguyen84@gmail.com 651-295-4569 caitlinjopowell@gmail.com myhavolunteers@gmail.com
Ice Scheduler	Joan Demars	651-407-1310 mahtscheduler@gmail.com
Jersey Coordinator Lead -Boys & Girls Traveling Jersey Coordinator	Nicki Dambowy	651-206-5136 nicole_m_johnson@yahoo.com
- 5U/6U/8U & Mite Jersey Coordinator	Stephanie Hellquist	651-283-6774 slessard28@gmail.com
Junior Gold Coordinator	John Wegscheider	651-263-8724 johnwegscheider73@gmail.com
Mite Event Coordinator Lead	Kelly Taff	612-867-1540 kelly.taff@optum.com
Redpath Legacy Gear Coordinator(s)	Garth & Susan Pawluk	651-470-5704 (Garth) 651-303-6400 (Susan) mahtredpathlegacygear@gmail.com
Registrar	Alethia Schwagel Gamez	651-428-8410 alethiagamez@gmail.com
Rink Rat Coordinator	Dave Gillet	612-708-9556 gillet@vikingelectric.com
Sponsorship Coordinator(s) - Boys & Girls Traveling Teams	Jamie Egan Tara Redpath	612-308-0001 redpatj@yahoo.com 651-470-5819 fitz0199@hotmail.com
MYHA Facebook & Instagram Coordinator	Bradie Leopold	612-709-0599 Bradiecloud9@gmail.com
Team Manager Lead & Coordinator Lead ("Interium")	Kelly Taff	612-867-1540 kelly.taff@optum.com
Team Picture Coordinator	Kelly Taff	612-867-1540 kelly.taff@optum.com
Tournament Scheduler – Boys Traveling Teams	Julie (Schwind) Chinn	847-708-7157 julie_schwind@yahoo.com
Tournament Scheduler – Girls Traveling Teams	Tiffany Peck	651-253-4974 tmpeck32@hotmail.com
Webmaster	Matt Lindstrom	952-237-5991 mattlindstrom17@gamil.com

APPENDIX C: AGE DIVISIONS

MINNESOTA HOCKEY AGE DIVISIONS FOR THE 2022/2023 SEASON

Boys/Men

Junior Gold **June 1, 2004 to May 31, 2006**

MN JG16 & Under **June 1, 2006 to May 31, 2008**

MN Bantam **June 1, 2008 to May 31, 2010**

MN Pee wee **June 1, 2010 to May 31, 2012**

MN Squirt **June 1, 2012 to May 31, 2014**

MYHA Mite 3: 3rd Grade

MYHA Mite 2: 2nd Grade

MYHA Mite 1: 1ST Grade

MYHA Mite Intro: PreK-K (minimum age 4 by 9/1/23)

Girls/Women

MN 19U **Jan. 1, 2004 to May 31, 2007**

MN 15U **June 1, 2007 to May 31, 2010**

MN 12U **June 1, 2010 to May 31, 2012**

MN 10U **June 1, 2012 to May 31, 2014**

MYHA 8U All 2nd & 3rd Grade Girls

MYHA 6U All PreK & 1st Grade Girls

APPENDIX D: CODES OF CONDUCT

MAHTOMEDI AREA YOUTH SPORTS PARENTS CODE OF CONDUCT

As a parent involved in Mahtomedi Area Youth Sports, I understand and agree to abide by the following rules and guidelines listed below during all games, practices, and tournaments:

1. I will treat all players, coaches, parents, and officials with dignity and respect in language, attitude, and behavior.
2. I will place the emotional and physical well-being of the players ahead of any personal desire to win.
3. I will encourage being a good sport through my actions by demonstrating positive support for players, coaches, parents, and officials. I will remember that the game is for the athlete and not the parents, coaches, or officials.
4. I will respect the property and equipment used at any game or practice sports facility.
5. I will motivate with praise and instruction, not put-downs.
6. I will provide a sports environment free of drugs, tobacco, and alcohol and refrain from using youth sports programs.
7. I will not detain or harass officials following the contest to request a ruling or explanation of actions taken by the official.
8. I will inform the coach of any physical disability or ailment that may affect the safety of my athlete or the safety of others.
9. If necessary, I will ask the coach to abide by the same rules and guidelines expected of me.
10. I will support the coaches, respecting their decisions and offering help at their request.
11. I will make sure my child correctly wears the necessary equipment for safe participation in the program.
12. I will treat my child and others with respect, avoiding put-downs, sarcasm, and ridicule both on and off the field.
13. I will cheer and encourage those around me in a positive way.
14. I will do my very best to make youth sports fun for my child.

I agree that failure to comply with the rules mentioned above and guidelines may result in disciplinary action. This action could include, but is not limited to the following:

- Verbal Warning
- Written Warning
- Suspension from Watching Game(s)
- Season Suspension from Watching Game(s)/participating in MYHA Events

MAHTOMEDI AREA YOUTH SPORTS COACHES CODE OF CONDUCT

As a coach involved in Mahtomedi Area Youth Sports, I understand and agree to abide by the following rules and guidelines listed below during all games, practices, and tournaments:

1. I will treat all players, coaches, parents, and officials with dignity and respect in language, attitude, and behavior.
2. I will place the emotional and physical well-being of the players ahead of any personal desire to win.
3. I will encourage being a good sport through my actions by demonstrating positive support for players, coaches, parents, and officials.
4. I will remember that the Game is for the athlete and not the parents, coaches, or officials.
5. I will respect the property and equipment used at any game or practice sports facility.
6. I will motivate with praise and instruction, not put-downs.
7. I will provide a sports environment free of drugs, tobacco, and alcohol and refrain from using youth sports programs.
8. I will do my best to watch for signs of burnout and overuse injuries.
9. Keeping in mind that there may be a wide range of development among youth at this age, I will treat each player as an individual.
10. I will lead by example in demonstrating fair play and being a good sport to the players by respecting the officials and our opponents.
11. I will do my best to organize practices that are fun and challenging for all my players.
12. I will be knowledgeable in the rules of each sport that I coach, and I will teach these rules to my players.
13. I will not detain or harass officials following the contest to request a ruling or explanation of actions taken by the official.

I agree that failure to comply with the rules mentioned above and guidelines may result in disciplinary action. This action could include, but is not limited to the following:

- Verbal Warning
- Written Warning
- Suspension from Game(s)
- Season Suspension (Removal of Coach)

Coach Name (Please Print)

Coach Signature

Date

MAHTOMEDI AREA YOUTH SPORTS PLAYER CODE OF CONDUCT

As a participant involved in Mahtomedi Area Youth Sports, I understand and agree to abide by the following rules and guidelines listed below during all games, practices, and tournaments:

1. I will treat all players, coaches, parents, and officials with dignity and respect in language, attitude, and behavior.
2. I will encourage being a good sport through my actions, by demonstrating positive support for players, coaches, parents, and officials.
3. I will respect the property and equipment used at any game or practice sports facility.
4. I will attend all practices and games and play to have fun and learn.
5. I will treat my own body with respect and care.
6. I will display modesty in victory and graciousness in defeat.
7. I will respect the rights and beliefs of others and will treat others with courtesy and consideration.
8. I will be fully responsible for my actions and the consequences of my actions.
9. I will not detain or harass officials following the contest to request a ruling or explanation of actions taken by the official.
10. I will treat my teammates and others with respect, avoiding put-downs, sarcasm, and ridicule both on and off the field.
11. I will cheer and encourage those around me in a positive way.
12. I will keep my sports environment alcohol and drug-free.
13. I will not intentionally physically harm anyone when participating in sports.
14. I will not post items on the internet or via social media that intimidate or humiliate other people or players or demonstrate anything but positive information about MYHA or its opponents.

I agree that failure to comply with the rules mentioned above and guidelines may result in disciplinary action. This action could include, but is not limited to the following:

- Verbal Warning
- Written Warning
- Suspension from Game(s)
- Season Suspension (Removal of Player)

Player Name (Please Print)

Player Signature

Date

Parent/Guardian Name (Please Print)

Parent/Guardian Signature

Date

MYHA CONTACT INFO

MYHA
P.O. Box 604
Willernie, MN 55090

Web Address: <http://mahtomedi hockey.pucksystems.com/>