

8 or under Mini Mite, Mite - 2019-2020 Registration Information!

SEASON: Our on ice practice schedule will begin on November 11, 2019 and end on March 13, 2020. This is an 18 week season less cancellations for the holidays.

Mini Mites: We are offering two sessions for this age group for 2019 -2020. The dates are as follows:

Session #1: November 11 – January 15th

Session #2: January 20 – March 13th

COMMUNICATION: Email is our most important tool to disseminate information about the program to our parents, players and coaches. Please make sure that the email you are providing is correct and the one you check most often. We have created a Facebook page to help distribute information and to allow you all to post pictures of your kids in action. If you haven't already please sign up and like the page. Stay tuned to your emails for further information.

ICE SCHEDULE: This is a combined practice schedule that will implement the USA Hockey recommended ADM American Development Model. Both Mini Mites and Mites will be on ice at same time.

Mini Mites: Monday 4:45 -5:30, Wednesday 4:45 – 5:30

Mites: Monday 4:30 – 5:30, Wednesday 4:30 – 5:30

******There will be no practice or games the week of Christmas******

RENTAL EQUIPMENT: Rental equipment will be made available for Mini Mites, Mite and Squirts only at a yearly rental cost of \$55. All other age groups are required to provide their own gear with the exception of scholarship recipients. A check deposit is required in the amount of \$100 for all rental gear to ensure its timely return at the end of the season. Rental Equipment is available for scholarship recipients that are older than Squirts with limited size availability.

RENTAL EQUIPMENT PICK UP DATES:

Tuesday & Wednesday October 29th & 30th from 5:00 – 7:30 pm @ Kotler Arena.

IMPORTANT: Please make sure to have your kids try on all of their hockey gear and make any necessary adjustments to the equipment prior to the first day of on ice practice. Make sure to have you child's skates sharpened. Ask your coach or parent manager for help if you are new to the game and have questions about properly fitting the gear and sharpening.

TOURNAMENTS: A portion of your registration fees includes our home tournament to be played on **January 24th – 26th 2020** at Kotler Ice Arena. All other travel tournaments, fees and registration costs are up to the parent managers, coaches and families. We recommend the “4 Core Tournaments” meaning; Idaho Falls, Jackson Hole, Sun Valley and Pinedale, our closest regional competitors to minimize travel expenses. We recommend that each team organize a meeting in the beginning of the season to determine which tournaments they want to go to and register early. It is the responsibility of the Parent Manager to make sure they are registering in the appropriate age divisions.

VOLUNTEER DEPOSIT: It is required that the parents of each child volunteer 4 hrs during each season. We are requiring a deposit in the amount of \$150 in the form of CHECK to be collected prior to your child stepping foot on the ice. If you meet your 4 hr requirement we will simply tear up the check.

EXCEPTIONS:

1. Coaches who have coached two years for the Cutthroats Organization and are currently coaching for the 2019-2020 season are exempt from this deposit.
2. If you have more than two kids participating in the program the third child is exempt. We have capped this deposit at 2 players or \$300.

WEEKEND ICE RENTAL: Something new this year: On weekends that Kotler Ice Arena is not hosting a tournament or event, the Cutthroat organization has secured approximately 20 hours of ice time on Saturdays from 3:30-5:30. Our intent in securing this ice time is to allow coaches and teams to schedule friendly matches with neighboring hockey programs, JH, Idaho Falls, Pinedale or to schedule additional practice or on ice training sessions or simply use it as a chance to scrimmage or create inter-age pick-up games.

Stay tuned to your emails and facebook for further information!



USA Hockey's American Development Model



Hockey for Life

Any Age – Players can enter at any stage. 'Hockey for Life' can provide quality recreational opportunities for all ages. USA Hockey also hopes that as adults we lead a physically active lifestyle and continue to the sport through volunteerism as coaches, referees and administrators.

Active Start

Ages 0-6

This early development period is essential for acquiring fundamental movement skills (running, gliding, jumping, kicking, catching, striking...) that lay the foundation for more complex movements, thereby preparing children for a physically active lifestyle. USA Hockey encourages activity that incorporates fundamental movement skills in the 4 environments that lead to physical literacy:

- In the water: Swimming
- On the ground: Athletics
- In the air: Gymnastics
- On ice and snow: Sliding (skating)

Kids should start with a learn to skate program and then a learn to play program as their initial steps into ice hockey.

- 6 & Under (Mitts):**
- 50-60 ice sessions
 - 2-3 ice sessions per week
 - 50-60 minute ice sessions
 - 7-9 skaters per team
 - 0 full-time goals
 - 34-40 quality practices
 - 16-20 cross-ice game days

Fundamentals

Ages 6-8 Female Ages 6-9 Male

The objective of this stage is to refine fundamental movement skills and begin to acquire basic sports skills. This is the time when a foundation is laid for future acquisition of more advanced skills.

The focus is on the development of physical literacy. Fundamental movement skills should be mastered and motor development emphasized, while the participation in many sports/activities is encouraged. For optimal skill acquisition, the basic hockey skills of skating and puck control are introduced. FUN competitions are also introduced in a team environment.

- 8 & Under (Mitts):**
- 50-60 ice sessions
 - 2-3 on-ice/1 off-ice sessions/week
 - 50-60 minute ice sessions
 - 9-12 skaters per team
 - 0 full-time goals
 - 34-40 quality practices
 - 16-20 cross-ice game days

Learn to Train

Ages 8-11 Female Ages 9-12 Male

This is the period of accelerated learning of coordination and fine motor control and is the critical stage for the acquisition of hockey skills.

Prior to the beginning of the growth spurt, players have the best opportunity to learn and begin to master fine motor skills that can be used in combination with other skills. In most cases what is learned or not learned in this stage will have a very significant effect on the level of play that is achieved later on. Players should be able to begin to transfer skills and concepts from practices to games. Group interaction, team building and social activities should be emphasized. A balance of practices and games will promote the continued development and mastery of key hockey skills.

- 10 & Under (Squirts):**
- 95-100 ice sessions
 - 3-4 on-ice/2 off-ice sessions/week
 - 60 minute ice sessions
 - 10-12 skaters and 1 goalie
 - 75-80 quality practices
 - 20-25 game days
- 12 & Under (Prewees):**
- 105-120 ice sessions
 - 4 on-ice/2 off-ice sessions/week
 - 60+ minute ice sessions
 - 12 skaters and 2 goalies
 - 80-90 quality practices
 - 30-35 game days

Train to Train

Ages 11-15 Female Ages 12-16 Male

The focus of this stage is to further develop sports specific skills, begin to introduce competition, and start to emphasize support training to continue development of speed, strength and stamina while maintaining flexibility.

Players should consolidate sport specific technical skills with an increased emphasis on hockey and a reduction in the number of other sports played. A continued emphasis is also placed on the development of individual and group tactics. Social and emotional considerations are addressed by placing an emphasis on team-building, group interaction and social activities.

- 14 & Under (Bantam) & 16 & Under (Midget):**
- 160 ice sessions
 - 4-5 ice sessions per week
 - 80 minute ice sessions
 - Combined and separate practices for team/position
 - 9 month training calendar
 - 16 skaters and 2 goalies
 - 120-130 quality practices
 - 40-50 games
 - Appropriate off-ice training for LTAD stage

Learn to Compete

Ages 15-18 Female Ages 16-18 Male

This is the time to prepare athletes for the competitive environment, continue to refine technical skills, ancillary skills and develop the physical attributes.

The focus is on optimizing fitness preparation and to begin to specialize in ice hockey. Training should be individualized to the athlete's particular needs in skill development, mental preparation, fitness and recovery. During this stage, training volume will increase, as does training intensity. Competitions become more important and the focus shifts to performance. Training will stress the development of position specific technical and tactical skills under competitive conditions. Mental skills that contribute to performance are also emphasized.

- 18 & Under (Midget) & 19 & Under (Female):**
- 200 ice sessions
 - 5-6 ice sessions per week
 - 80 minute ice sessions
 - Combined and separate practices for team/position
 - 10 month training calendar
 - 18 skaters and 2 goalies
 - 130-140 quality practices
 - 50-60 games
 - Appropriate off-ice training for LTAD stage

Train to Compete

Ages 19-21 Female Ages 19-23 Male

The objective of the Train to Compete stage is to transfer from the training environment to a competitive environment. Athletes must consolidate technical skills, and maintain ancillary skills and underlying physical capacities. During this stage training volume remains high while intensity increases with the importance of competitions. The training is usually 10+ months of the year and is disciplined and hockey-specific. Athletes will usually be required to move away from home for training and competition environments that fit this level of athlete development. The training is individualized to the athlete's particular needs in skill development, mental preparation, fitness and recovery.

- Junior, NCAA:**
- Training calendar that equally supports both training and competition.

Train to Win

Ages 19+ Female Ages 19+ Male

The focus of this stage is the stabilization of performance on demand characteristics and excellence within the highest level of performance at the NHL, World Championships and Olympics. This is the final phase of athletic preparation that only a very small minority will achieve. Maturation is complete and all the performance factors should be fully established to optimize performance in national or international competitions. The athletes in this stage will be the performers in the highest level professional league and at the highest international level. It is important to build a winning strategy with these athletes, and to individualize training and recovery programs to prevent over-training.

- NCAA, Professional:**
- Appropriate training that supports competition calendar.

For complete details, visit ADMkids.com

2020 Teton Valley Cutthroats Mite Jamboree Rules

January 24-26 2020

JAMBOREE: *Definition; A low-key full participation event where players have an enjoyable and learning experience in a non- competitive environment. The emphasis of this Jamboree is FUN.*

GENERAL:

This Jamboree is sanctioned by USA Hockey through Idaho Armature Hockey Association (IAHA), therefore all teams will be required to be registered with USA Hockey and Provide approved Rosters.

All officials must be registered with and be USA Hockey Certified to officiate Jamboree games, unless approved otherwise.

All games will be played at Kotler Arena located at 380 S Agate Ave, Victor ID 83455. There is no admission for spectators. We are an outdoor facility and at times it can be cold. Please plan accordingly.

Goals Used for Mite and Mini Divisions shall be USA U8 ADM; size 48"x 36"

CATEGORY OF PLAY – RECREATIONAL (NO "A" TRAVEL TEAMS)

3-4 Games Guarantee (4 whenever possible)

8 - Team Jamboree

Jamboree - Cancelation Policy:

- 4 weeks or earlier = 100% refund
- Less than 4 weeks = 75% refund
- Less than 3 weeks = 50% refund
- Less than 2 weeks = 25% refund
- Less than 1 week = NO REFUND

Teams should bring 2 Sets of Jerseys if possible – Home (Dark) / Away (Light). The home team will be responsible for changing jersey's if colors conflict.

Playing rules are per USA Hockey and as described further in these Jamboree Rules:

GAME FORMAT/TIMES:

- Each game is scheduled for 45 minutes.
- 3 minute warm up
- 3 – 12 minute periods, running time.

- 1 minute intermission between periods.
- Horn/Buzzer will sound every 2 minutes to allow for line change.

ON ICE SET UP:

- All games will be played on half ice with two games commencing at the same time.
- We will be using one clock.
- The puck will drop at the same time on each side of the ice. Make sure your teams are ready to play at the scheduled time.
- Overtime will not be used in any game.
- No official score will be kept.
- There will be no need for a tiebreaker.
- Blue pucks will be used.
- *Ice Cut after every 1.5 hours or as needed.*

PENALTIES: Very seldom will there be a situation that occurs that require the official to stop play for a penalty. When minor infractions occur, play will continue and the coaches will use this as a learning tool to address the action with the player during the next shift change. For a more severe infraction that involves an injury potential action, the official may stop play to quickly assess the penalty and then allow the coach to address the player regarding the action while the official gets the puck back in play. **NO PLAYERS WILL SIT IN PENALTY BOX!**

FACE OFFS: Face-offs at beginning of period, after line change, and after goals. When play needs to be stopped for a goalkeeper freezing the puck, for a player falling on the puck, the puck is frozen along the boards or the puck leaves the playing area, the official will throw another puck off to the side to allow play to continue.

NET SIZES AND GOALIES: Mites (7/8 year olds) will play with goalies on regular size nets. *(unless we buy the U8 models for next year. We would need 4)*

LOCKER ROOMS: Teams are required to leave locker rooms in excellent condition and free of trash after games are completed. No sticks are allowed in locker rooms. Please be out of the locker room no later than 30 minutes after your game is complete.

GENERAL JAMBOREE RULES:

Teams should report to rink at least 45 minutes prior to start of their scheduled game in case play is running ahead of schedule. Be ready to begin game up-to 15 minutes ahead of schedule.

8-and-Under

At the 8-and-Under level, coaches should focus on teaching age-appropriate concepts and skills so that children have an enjoyable hockey experience while also developing as players and young people.

FOCUS POINTS

- Fun
- Engagement
- Active Practices
- Age-Appropriate Training (includes skills and concepts)

FUN

8-and-Under coaches should never underestimate the value of having fun. While this is true at all ages, it is especially true at this age, where the hockey-for-life seed is planted. If it's not consistently fun at this age, the novelty of the sport will wear off and the young player(s) may eventually quit. Players at this age should have fun every time they are on the ice.

ENGAGEMENT

Coaches should recognize the importance of engagement. It goes hand-in-hand with fun, but it's more than just fun. It's targeting the optimal skill level for each player – not too easy and not too hard. It's designing small games that do the teaching. The players don't need a coach to provide the feedback. The games themselves give players the opportunity to successfully demonstrate targeted skills and concepts. The coach becomes the facilitator – less talking from the coach and more learning by doing.

ACTIVE PRACTICES

Practices at this age level should include a high amount of activity and a low amount of rest. Players should not spend large amounts of time standing in line, waiting to participate in drills or games. Coaches should strive to design practices in which players are active for the majority of the practice. Coaches should set goals related to the amount of activity they expect each player to achieve in a practice (e.g., each player will be active for 40 minutes in a 60-minute practice). While the activity level is not the only crucial component on which coaches should focus, it definitely is important in the long-term development process, as coaches must remember that players learn by doing (more than by watching or listening). Designing practices with high activity levels and opportunities for many repetitions is very important at this age. Refer to the Player Activity Chart found on the free Mobile Coach App and at admkids.com under Coaches/Repetition for a form to evaluate the developmental opportunities that occur for players in practice and in games.

STATION-BASED PRACTICES

Station-based practices are an excellent way to accomplish these high-activity goals. Coaches are encouraged to split the ice into 4-6 areas with an age-appropriate skill, drill, or game to be practiced in each of area. A typical station-based practice would include six stations with 6-10 players at each station. While coaches have some flexibility when it comes to the duration of time that players spend at each station, 6-8 minutes is a good guideline for players at the 8-and-Under level. Coaches should restrict the instructional part to less than a minute for each station. Players should practice the desired skill at each station, with coaches making sure that each player is active the majority of the time, thus receiving a high number of repetitions. Coaches may have to be creative to ensure that all players spend more time practicing the desired skill rather than waiting in line to participate. Coaches are encouraged to use a stopwatch to determine the amount of time a player is active and count the repetitions performed by an individual player at each station. USA Hockey has a large number of these station-based practice lesson plans available on the free Mobile Coach App and at admkids.com.

AGE-APPROPRIATE TRAINING

8-and-Under coaches must determine what skills and concepts are appropriate for the kids in their program to learn and understand. Most would not expect a second-grader to be taught sixth-grade math. The same should hold true for the skills and concepts related to 8-and-Under hockey. First, coaches must determine whether the players are ready to learn the desired skill or understand the desired concept. Second, they should decide whether the skill or concept is truly important for an 8-year-old. Teaching players the right thing at the right age is crucial in their development.

Cross-ice hockey, or hockey on a smaller surface (half-ice), is an important part of age-appropriate training for 8-and-Under players. Using a smaller surface in offers several benefits, including increased puck battles, increased puck-touches for all players, puck carriers will have to avoid more players in the small areas, etc. All of these benefits are extremely important in the long-term development of each player.

PRACTICE FOCUS

Practices should focus on (percentage of time listed after each):

1. Individual skill improvement (hockey skills, activities, and games) – 85%
2. Hockey sense (teaching of concepts through small area games) – 15%
3. Systems (team-play training) – 0%

SMALL AREA GAMES

Coaches should utilize small area games on a consistent basis in every practice for fun, practicing skills and teaching basic concepts. These games should be included in station-based practices and there should be a variety of games for 8-and-Under players. The number of players, rules of the game, and size of the game area should be varied with each game. Coaches might also opt to use blue (light-weight) pucks, balls or ringette rings to change the dynamic of the game. Refer to the *Small Area Competitive Games Handbook* for age-appropriate small area games.

OPTIMAL WINDOWS OF TRAINABILITY

In order for players to maximize their ability and reach their potential, it's important for youth coaches to do the right thing with young athletes at the right time. Focusing on these key components at the appropriate age will give the young athletes the best opportunity to achieve their potential as they progress through their teenage years. Researchers have concluded that players in this age classification should spend time developing the following capabilities related to their long-term development:

1. **Speed** — constant stopping, starting, changing direction, and puck races in small areas
2. **Suppleness (Flexibility)** — perform a variety of activities and exercises through a full range of motion

PLAYER KNOWLEDGE

8-and-Under players are not at a cognitive level where they should be lectured on the following topics; however, throughout the course of playing hockey at this level, they should learn:

1. **Puck Pursuit** – Players should be taught to pursue the puck aggressively and engage in battles to gain possession of the puck.
2. **Puck Support** – Players should learn to make themselves available to receive a pass from a teammate. This is the beginning of the idea of “getting open.”
3. **Acceptable On-Ice Conduct** – Acceptable conduct should be taught and reinforced. Unsportsmanlike conduct is the broad term covering this topic, but acceptable conduct should relate to teammates, opponents, coaches, officials, etc. This is the beginning of teaching players to be good sports and to respect everyone involved with the game.
4. **Allowable Contact with Opponents** – Players should learn what types of physical contact are allowed with an opponent. Players should learn the importance of having their stick on the ice in puck battles, so that good body-contact habits are established early. The players should also begin to learn the types of physical contact that are not allowed, such as body checking, checking from behind, slashing, tripping, etc. While these young players are not at an age where they should be lectured as to the types of illegal contact, they should be made aware when they have made contact in a way that violates the rules.

INDIVIDUAL HOCKEY SKILLS

Players must learn and master:

1. Skating
 - a. ready position
 - b. edge control
 - c. forward start
 - d. forward stride
 - e. controlled stop: two-foot and one-foot snowplow
 - f. controlled turn
 - g. forward crossover
 - h. backward skating
 - i. backward stop
 - j. ABCs of skating (agility, balance, coordination, and speed drills)
2. Puck Control
 - a. lateral (side-to-side) stickhandling
 - b. front-to-back stickhandling
 - c. diagonal stickhandling
 - d. attacking the triangle
3. Passing and Receiving
 - a. forehand pass
 - b. backhand pass
 - c. receiving a pass properly with the stick
4. Shooting
 - a. wrist shot
 - b. backhand
5. Body Contact
 - a. stick on puck
 - b. stick lift
6. Goaltending

At this level, coaches should not designate full-time goaltenders so that players may begin the development of skills that will help improve their long-term skating and athleticism. These are crucial for goaltenders as they progress to higher age levels.

TEAM CONCEPTS

While the teaching curriculum recommends that no time be spent on teaching systems related to team-play in 8-and-Under hockey, players should begin learning important skills and basic

concepts that will be important when they get to an age where systems and team-play takes on added importance. Players should learn and understand:

1. **Puck Pursuit** – Players should pursue the puck aggressively and engage in battles to gain possession of the puck.
2. **Puck Support** – Players should learn to make themselves available for a pass whether they are close to the puck or further away. This is the beginning of near- and far-support concepts, as well as creating and finding passing lanes.

NUTRITION

Players should be introduced to:

1. **Proper Hydration** – Players should learn the importance of proper hydration before, during, and after all games and practices.
2. **Good Eating Habits** – Players should be encouraged to eat good meals and refrain from eating candy and other foods that lack nutritional value.
3. **Recovery Drink** – While there are many recovery drinks on the market, players should be encouraged to drink chocolate milk following any practice or game session.

OFF-ICE ACTIVITIES

Players should perform exercises and play games that improve their agility, balance, coordination and speed (ABCs). For off-ice activities and exercises, coaches should utilize the 6-and-Under/8-and-Under Off-Ice Training Cards that are available through USA Hockey and are on the Mobile Coach App. Exercises and activities should include:

1. Stretching/flexibility exercises
2. Fun games
3. Relays
4. Eye-hand coordination exercises
5. Exercises related to improving the ABCs

PLAYER SAFETY

Players should be in practice and game environments where their health and well-being is a priority. Expectations related to safe practices and acceptable on-ice conduct should be taught and reinforced with the young players.

HOCKEY ENVIRONMENT

Players should be in an environment where:

- the practices and games are fun. Young players should enjoy each session and they should want to return for the next one.
- making mistakes is okay. Mistakes are common and a part of sports. Maintaining the confidence to attempt new skills or moves is important to developing those skills, as is continuing to work on correcting mistakes.

CHARACTER DEVELOPMENT AND LIFE SKILLS

Players must learn:

- they are part of a team and are expected to follow team rules.
- to have respect for their teammates, coaches, opponents, officials, and parents.
- to always try their best.
- the foundation of a strong work ethic by consistently participating in practices with a high level of activity.

PARENT DEVELOPMENT

Refer to *An American Hockey Parent Handbook* found on the USA Hockey website.