



Patriots New Parent Resource Document

Eligibility – Who is Level 1 for?

Level 1 is open to all skaters who have never been on skates or are just getting started in hockey. The age of most skaters in initiation is 4 – 8 years old, but children outside of this age range may also play in initiation. It should be noted that the Patriots serve Madison East High School, Madison Lafollette High School and Monona Grove High School Districts. All skaters who reside on a permanent basis in these school districts are eligible to play for a Patriots team.

Philosophy & Background

The Level 1 Program is designed to build self-confidence on the ice and emphasizes skating skills, basic hockey concepts, and most importantly, HAVING FUN! Our goal is to provide the participants with a fun atmosphere to learn the game of hockey. We have succeeded if the player comes back the following year and is excited to play. Some examples of skills we try to develop are skating forwards, backwards, stopping, turning, v starts, t-pushes, c-cuts, basic puck handling, passing, and shooting. Many of the games that the kids play are fun ways for kids to learn these skills. Players in Level 1 are at very different skill levels it is very important for parents and coaches to be patient and maintain a very positive attitude toward improvements that are made. Level 1 sessions are typically around 8 weeks in duration. Session 1 runs Nov through Dec and session 2 runs Jan through Feb

Equipment



What to get / what size to get:

Internet references for equipment sizing:

The hockey shop - <http://www.thehockeyshop.com/sizinginfo.html>

Hockey monkey - <http://hockeymonkey.com/sizingcharts.html>

Mandatory equipment:

Skates (and skate guards) – Properly fitting skates have a maximum of about 1/2" (width of adult finger) of movement when the player's toe is touching the front of the skate. Skate size is usually 1 to 1.5 sizes lower than shoe size. Example size 9 youth shoe = ~size 8 skate. Once the skater is comfortable on the ice, skates may be sharpened. We recommend a 1/2" diameter sharpen for starting out. (1/2" = diameter of stone used to sharpen, smaller stone = sharper skate. Skates too sharp make it very slippery and hard to stop). If your player will be walking off the ice on any hard surface with skates on, you will need skate guards, or the skate blades will become dull, immediately.

DO NOT WALK ON CONCRETE, TILE, METAL, BLACKTOP, ETC. WITH SKATES ON!!!! THIS WILL DULL (POSSIBLY DAMAGE SEVERELY) THE SKATE BLADES AND THEY WILL NEED TO BE RESHARPENED!

Stick – Length of stick should be approximately the distance from the ground to the skater's chin, with skates on. If you are unsure if your child is a righty or lefty for hockey (often different than throwing and writing), purchase a straight stick and let him or her choose.

Helmet with faceguard – Head sizes of children vary greatly. Measure the hat size or circumference of your child's head and use that when determining the size helmet to purchase. Ensure the helmet is certified by the Hockey Equipment Certification Council (HECC).

Elbow pads – Ensure that the straps secure the pad firmly to the elbow. Elbow pad size is intended to be the length from the end of the shoulder pad to the cuff of the glove.

Shin pads – Sizes are measured from the center of the knee cap to the top of the boot. Average size four year old may be 8 or 9”.

Hockey gloves – Gloves sizes are measured from the tip of the finger to the elbow. Size for a four year old is about 8 or 9”.

Breezers / pants – Pants should reach from the top of the knee up to the lowest ribs. Pants should also not rotate or slip down when tightened. Suspenders may also be used to hold pants up.

Shoulder pads – Should be snug around the chest when tightened.

Cup – A good alternative is hockey shorts that hold the cup and have Velcro patches for holding the socks up.

Garter Belt and hockey socks – Either hockey socks or sweat pants over shin pads.

It is not necessary to get the most expensive hockey equipment, but it is very important to make sure the equipment fits properly. Equipment that does not fit correctly is prone to falling off, sliding around, and making it uncomfortable, or possibly even unsafe for the skater.

Where to get it:

The Patriots provide free rental equipment Level 1 skaters. This equipment includes helmet with faceguard, elbow pads, shin pads, hockey gloves, breezers / pants, & shoulder pads.

CrossOvers (located inside Hartmeyer Ice Arena) 608-709-1385 crossoversproshop.com

Middleton Cycle and Fitness – 6649 University Ave Middleton, 608-836-3931

Before practice:

You may get your player dressed before you get to the rink, or players may dress at the rink. There is a digital board outside the lobby of Hartmeyer that (sometimes) designates the correct locker room to use. Please use the designated locker room (if available) to keep the lobby clear.

After practice:

Make sure the pads are left out to dry after each use. You may also want to clean the pads occasionally by putting it in the washing machine (for those pads that can go in) or by using Lysol, Febreze or a swimming pool chlorine + water solution.

The Future:

As your child progresses, the Patriots usually offers two or three competitive teams at each USA Hockey age classification:

In-House / Recreational Programs

Level 2 (6 and under)

Level 3 Mites (generally 8 and under)

Rink Rat U10 (generally 10 and under)

In-House / Recreational players usually have 1-2 practices / week and 1 game every weekend.

Competitive Teams

Squirts (9 and 10)

PeeWees (11 and 12)

Bantams (13 and 14)

Placement on these teams is competitive and is designed to group together players with similar skill levels. These teams usually have 1-2 practices per week and weekend games on a full sheet of ice (most in the Dane County area).

Patriots Policies

Code of Conduct

The Patriots emphasizes respect, sportsmanship and safety. All Patriots coaches, players and parents must sign and observe our "Code of Conduct." A copy of our code of conduct for parents, skaters and coaches are in the documents section of the club web site, and are included in the club's Handbook. Coaches undergo background checks.

Hockey Fees

Patriots registration fees cover ice time, game jerseys, insurance, referees, and club equipment. Parents must also register each skater with USA hockey. Current costs for this are \$40 per skater (free for all players ages 6 and under).

Jerseys

The club supplies all In-house with Patriots jerseys. All competitive players will be required to purchase a set of home and away jerseys.

Locker Rooms

Skaters should always dress in the locker rooms at Hartmeyer Ice Arena. Please remind your skater of their important responsibility to pick up their trash and tape to help keep the locker rooms clean. Our Code of Conduct includes locker room behavior.

Volunteer Coaches

The Patriots depend on volunteer coaches. If you are interested in helping out, please contact the ACE coordinator or your team coach. All coaches must be USA Hockey registered, trained and certified, as well as pass a background screening. The organization gladly covers these costs, or you can donate the fees (keep your receipts)

Getting Your Skater Dressed:

To start dressing, your child should only have a shirt (sleeves long or short will become their personal preference), briefs and socks on. Their socks should not be too bulky as that can create friction inside the skate that will lead to blisters. Jocks or Jills, which provide groin protection, get put on first. Shin pads get strapped on next followed by which ever socks you are going to need. If the socks tend to fall down, you will need attach them to the Jock or Jill by the garter straps or use tape to keep them up. The tape wrapped around the outside of the sock and around their calf will help keep everything snug.

The hockey pants go on next. Tip for the parent - If you only want to dress your child once for a game make sure your little player goes to the restroom before you continue. If your child finds the pants a bit too loose you can purchase suspenders. The shoulder pad, elbow pads, and jersey can all be put on in that order.

The trick to putting on skates is to loosen the laces well and start tightening from the tip of the skate to the top of the skate. Your child and the type of foot they have will determine how tight the skate needs to be. Some players like to have the shin pad and sock pulled over the tongue of the skate and laces. If you find the wax laces hard to work with you can purchase a lace puller or switch to non-waxed laces but those will need replacing more often.

The mouth guard (attached to the helmet), helmet and gloves are the last to be put on and your little player is set! Their hockey stick should be no taller than the height of their chin with their skates on. The stick can be cut with a hacksaw and should be taped off at the end to hide the rough edge. Most players tape the blade of the stick as well for better control of puck. This will become something your child will most likely spend hours perfecting. Regular hockey bags are smaller and cheaper than the ones with rollers, but if you are envisioning your child carting the gear around, the roller bag might be the wiser purchase.