



Youth Hockey Programs Frequently Asked Questions

Q. My child has never played ice hockey before, where do I start?

- A. We recommend the following progression to get your child into the sport
1. Come to Public Skating Sessions (to gain experience on ice skates)
 2. Enroll in Hockey Group Lessons (to gain confidence and continue development)
 3. Register in the Basics program with the SRJHC (a first taste of hockey)
 4. Progress to House and/or Travel hockey within the SRJHC

Q. At what age can my child start skating and playing ice hockey?

A. Children can start skating as young as 3 or 4 depending on their development. Youth hockey begins for players at age 6.

Q. My daughter is interested, can girls play ice hockey too?

A. Certainly, girls are welcome at all age levels and in all youth hockey programs (Hockey Lessons, Jr. Stick Time, SRJHC *Basics*, *House* and *Travel*).

Q. Is hockey a violent sport where my child could get hurt?

A. Hockey is a physical game but youth hockey is a different game than the NHL. With a different set of rules in place, youth hockey places a stronger emphasis on sportsmanship and friendly competition. Contact is not allowed prior to the Peewee level (age 11 & 12). After Peewees, checking is allowed but NO Fighting.

Q. Do I need to buy any special equipment such as skates and a helmet?

A. Hockey skates are available to rent for use on the public sessions and are also available for use during Group Lessons. Helmets are recommended for any budding hockey player and a selection of helmets and related hockey gear is also available at the Arena Pro Shop, open daily from 10am to 6pm.

Q. When does the youth hockey season run?

A. The SRJHC typically offers programs from August through April. The season for *Travel* teams start with tryouts in August. Offerings for *Basics* and *House* start in September and run for sets of 8 and 16 weeks respectively. The season for Cardinal Newman Jr Varsity runs from August to April and Varsity runs from February to early June. Visit www.santarosaflyers.org for details.

Q. What gear is required for Skating Lessons (Hockey Group Lessons)

A. A helmet is required for the Hockey Group Lessons, other gear is optional.

Q. What gear is required for Junior Stick Time?

A. Full Equipment is required: Helmet, elbow pads, shin guards, hockey pants and a stick. Other gear is optional

Q. Do you have hockey equipment for rent?

A. No, the arena only has hockey skates available. However, from time to time we have a random selection of donated gear which is made available to new/aspiring players to help get them into the sport. Contact the hockey coordinator to see what may be available.

Q. I have other hockey related questions, who should I contact?

A. Mike Kovanis is the Hockey Coordinator and can be reached at 707-546-7147 or mkovanis@snoopyshomeice.com