



The purpose of this document is to communicate as much information about the upcoming hockey season as possible. While there is a significant amount of planning that goes into each season, there are many factors that influence what ultimately occurs, including mandates from D6 and other governing bodies. Please understand these are general guidelines and estimates and that actual dates, costs, etc. will vary.

COVID

For more information on confirmed cases and return to play guidelines please click the link.

[MN HOCKEY COVID-19 NEWS AND RESOURCES](#)

PLSHA will follow the guidance and protocol provided by the CDC, Minnesota Hockey, and local rink and facilities on processes and protocols regarding the season.

General Info

<u>Level of Play</u>	<u>Format</u>	<u>Age by birth date¹</u>	<u>Tryouts/Season</u>
Rookie Mites	In house	1 st year skaters or pre-k having turned 4 (as of June 1) to entering 4 th grade	Jan – Mar
Mite Level 1-4	In house	Born on or after June 1, 2011	Oct – Mar
Youth Squirt	Traveling	June 1, 2009 to May 31, 2011	Oct – Mar
10 & Under Girls	Traveling	June 1, 2009 to May 31, 2011	Oct – Mar
Youth PeeWee	Traveling	June 1, 2007 to May 31, 2009	Oct - Mar
12 & Under Girls	Traveling	June 1, 2007 to May 31, 2009	Oct – Mar
Youth Bantam	Traveling	June 1, 2005 to May 31, 2007	Oct - Mar
15 & Under Girls²	Traveling	June 1, 2004 to May 31, 2007	Nov – Feb
Jr Gold 16	Traveling	June 1, 2003 to May 31, 2005	Nov - Feb
Jr Gold	Traveling	June 1, 2001 to May 31, 2005	Nov - Feb

Notes:

Starting with the 2020-2021 season, the starting date of each classification will be moved from July 1 to June 1 (ex: June 1, 2009 - May 31, 2011). The change is designed to provide players born in June with the ability to play with their classmates. The modification was approved by Minnesota Hockey Board of Directors at its 2019 Summer Meeting. For additional background information on the change, click [here](#).

¹Based on [Minnesota Hockey Age Charts & Participation Levels](#)

¹Players MUST play at the level consistent with their birth date. Please refer to the [Operating Policy](#) for additional information regarding exceptions.

²For the 2020-21 season PLSHA anticipates hosting a 15U team in conjunction with Lakeville. Please direct questions to the [Girls Director](#).

Registration dates (all registration to be completed at PLSHA.com*):

- **Traveling:** August 1 – August 31 @ 11:59 PM
 - **Mites Level 1-4:** August 1 – September 30th @ 11:59 PM
 - **Rookie Camp:** August 1 – September 27th @ 11:59 PM
 - **Rookie Mites:** August 1 – November 15 @ 11:59 PM
 - **Jr Gold:** August 1 – October 31 @ 11:59 PM
- *ALL LATE REGISTRATIONS SUBJECT TO A LATE FEE OF \$50 MINIMUM**

Registration Payment:

Payment for registration must be made via credit or debit card through the PLSHA website registration software. It is important to note the following regarding registration fees:

- Any player who has a balance on their fees from the prior year will not be allowed to participate in tryouts and/or placed on a team until those fees are paid.
- A player who withdraws their registration shall only be issued a partial refund in the following circumstances:
 - Withdrawal prior to tryouts/evaluations will be assessed a \$50 registration processing fee. The remainder of the fee will be refunded.
 - For Rookie Mites: Withdrawal prior to the 1st practice will be assessed a \$50 registration processing fee. The remainder of the fee will be refunded.
 - Withdrawal after tryouts have started due to placement on a Prior Lake High School team will receive a prorated refund of their registration fee based on the portion of the season already elapsed.
- A player who withdraws their registration after tryouts/evaluations have started will not be issued a refund for any amount of their registration.
- If you are on a team that has been merged with another association, PLSHA fundraising fees still apply and will not be pro-rated or waived.

If you have questions regarding registration, please contact the registrar at plsharegistrar@gmail.com.

Minnesota Hockey Participation Rule:

MN Hockey and District 6 have strict rules regarding residency and where a child is allowed to play. This is being strictly enforced and player information is being verified. For current policy details please visit www.minnesotahockey.org and view the Handbook. If you believe you would like to apply for a waiver, please contact PLSHA Registrar at plsharegistrar@gmail.com

Failure to follow the appropriate waiver process can result in team disqualification and/or being removed from the team during the season.

Minnesota Hockey Recreational League:

This league is designed as an alternative to competitive traveling league and has been a very popular option for parents and kids who are looking for a low cost, low commitment hockey alternative. If you choose to play in the recreational league you SHOULD NOT register with PLSHA. The mission of the MHRL is to teach kids the fundamentals of ice hockey in a recreational environment; to foster a spirit of sportsmanship and fair play; to provide a setting where learning about the game of hockey is fun and safe; and to promote affordable youth hockey opportunities in the Twin Cities metro area. Additional info about the Rec League and registration details can be found by visiting <http://www.minnesotahockey.org/recleague>

Coaches:

Non-Parent Coaches: The objective is to have non-parent coaches for the top two teams at each traveling age level (“AA” and “A” or “A” and “B1”). This is not always achieved but is PLSHA’s objective.

Parent Coaches: Parent coaches will be identified after final team placements have been made and will be notified of the opportunity to coach at that time. Please apply at www.plsha.com – click on the Coaches tab and follow the instructions.

Certification Requirements: All coaches at **any** level and with **any** involvement with a PLSHA team must be certified through USA Hockey. Updated guidelines are being issued for the 2017-18 season and will be communication as soon as they are available via the Coach tab on PLSHA website. Any questions regarding coaching certification should be directed to Amy Holmes at plshacoaches@gmail.com

USA Hockey Registration: All PLSHA coaches assigned to a team MUST individually register as a “Coach” with USA Hockey at www.usahockey.com prior to any practice session. NO EXCEPTIONS!!! This cost (along with other module-related coaching expenses) will be refunded IF a paid receipt is submitted, in one submission, by 12/31/2020. You must include your name and write your home address on the receipts and send them to the PLSHA mailbox at PO Box 92, Prior Lake, MN 55372, or drop it in the Treasurer’s mailbox in the Coaches Room, rink 2.

National Level Background Screening Policy:

In compliance with new requirements from the United States Olympic & Paralympic Committee (USOPC), USA Hockey has launched a new national level background screening program. Background screens through NCSI under the national program will cost \$30 for all domestic screens, this cost is to be covered by the applicant. For more information [click here](#).

Mite Program Overview

Below, you will find important information that will help you to navigate through the 2020-21 PLSHA Mite season. Additional information and registration can be found on the [Mite Page](#) on the PLSHA website (www.plsha.com). If you have additional questions, please reach out to our Mite Director.

Program Objectives: To provide an enjoyable introduction to youth hockey for players of all abilities. Prior Lake/Savage Youth Hockey Association (PLSHA) will aim to teach the fundamentals of hockey that will include individual skill development such as skating, balance, agility, shooting and puck control. PLSHA encourages participation and commitment and will provide a healthy and fun environment to encourage development and learning. PLSHA Mite program will provide an opportunity for all to play at an appropriate level to strengthen your child's development.

Philosophy: The PLSHA Mite program is the first rung in the development ladder of the PLSHA youth hockey program. Building a positive and enjoyable environment for the youngest members of PLSHA is essential to a player's long-term participation, growth and successful experience in hockey. The PLSHA Mite program will focus on individual age appropriate skill development for all players.

Program structure: The structure of the PLSHA Mite program is an important component in creating a successful experience for all players and parents. PLSHA is committed to creating an affordable, safe and family-friendly environment for all participants. The PLSHA Mite program will be divided into 5 levels in order to serve the various range of age, skill and ability of our players. **Team placement is determined by age and on-ice evaluation** for Mite 4, Mite 3, Mite 2, Mite 1 **but not** for the Rookie Mite program.

- Following our evaluation session(s), participants in the PLSHA Mite program will be placed onto teams based on age and ability.
- In order to ensure that every player possesses the basic fundamentals of skating, balance, agility, shooting and puck control, a minimum level of proficiency will be expected before players are able to move onto the next level.
- The importance of skating, balance, agility and edges will be stressed at every level.
- Our goal is to ensure that every player is able to reach their full potential as they grow and develop.
- We all realize that not every player will have the opportunity to play High School Hockey, but the skills and lessons that we are able to teach our kids on and off the ice will lead to a lifelong passion for the sport.

Player Development: The PLSHA Mite program, is centered on skating, repetition, small area stations, small area games and cross ice games. Practices are designed in accordance to the ability level of the skaters in each level and will concentrate on the development of all players. It is important that all players are assigned to their recommended level of Mites in order to ensure every player's proper development. Placing players at a level above their ability will only hinder their development and potentially result in a player's loss of passion for the sport.

Mite Evaluations: The purpose of mite evaluations is to see where the kids are at in their respective age groups. Additionally, the results of the evaluations are used to create equal teams across the Levels. PLSHA Hockey does not stack rank teams. Players of all ability levels are divided equally across the # of teams at each level to help ensure that the teams are as equally matched as possible. This helps to develop all the kids better during the formative Mite years.

- Groupings by age
- 2 attempts at each station
- Saturday October 3rd 9:30 AM – 4:00 PM (times to be assigned upon registration close)

Rookie Camp: This Rookie Camp is offered to 1st year skaters or Pre-K children having turned 4 years old (as of June 1st) to entering 4th grade (**who attend schools in ISD #719**) as a way to expose them to the great sport of hockey without a significant investment! Sessions will be run by experienced PLSHA coaches. Content will expose kids to basic skating, shooting, puck handling drills while including lots of fun and games!

- Six, one-hour sessions \$85
- Offered to the first 60 skaters, we have had waitlists in the past

Need equipment? Prior Lake Hockey will lend you equipment to use FREE WITH \$65 DEPOSIT. We offer a helmet, breezers, shin pads, chest protector, elbow pads, gloves and a bag. YOU will need to supply your skater with skates, stick, protective cup, neck guard and mouth guard. Jerseys will be provided!

Traveling Teams Overview

Tryouts*:

Level of Play	Approx. Dates	Format (Est.# of sessions)	Team Formation
Youth 10U/Squirt 10 & Under Girls	Oct 9-13	Scrimmage only	Team formation will be determined based on registration numbers and tryout results. Primary consideration will be given to what leads to the best development of players over the long term.
	Oct 10-12	Skills & Scrimmage	
Youth 12U/PeeWee 12 & Under Girls	Sept 28 – Oct 5	Scrimmage only	
	Oct 2-5	Skills & Scrimmage	
Youth 14U/Bantam	Sept 28 – Oct 4	Scrimmage only	
15 & Under Girls	Early Nov	Skills & Scrimmage	
Jr Gold/Jr Gold 16U	Mid Nov	TBD	

*Note:

- Parents will not be allowed on site during tryout sessions. No Exceptions!

Season*:

Level of Play	Estimates per season (Oct- Feb/Mar)			
	D6 Games (Approx.)	Tournaments	Practice	Dryland Hours
10 & Under Girls Youth 10U/Squirt			~55	
12 & Under Girls Youth 12U/PeeWee	12-16	3 – 4	~55	22.5 (15 sessions)
15 & Under Girls Youth 14U/Bantam	16	3 – 4	~75	22.5 (15 sessions)
Jr Gold/Jr Gold 16	20+	1 - 3	~25+	n/a (optional)

*Notes:

- Traveling team ranges are average for “B” teams. “AA/A” teams will generally run ~10% more and “C” teams ~ 10% less.
- Each team generally has at least 1 out of town tournament (i.e. Brainerd/Hibbing)
- The above generally results in 3-5 practices/games per week, excluding tournaments
- Older teams generally practice later in the evening. Practice can end as late as 10:30pm for Youth 14U/Bantam, Youth 12U/PeeWee, and 12 & Under girls as late as 9:20pm for Squirt and 10U.
- Level Coordinators: Will be the coach from the top-level team.

Player Placement – Drafting Practice (B and C teams):

Where we are establishing more than one equal team at or below the B level, a “drafting” practice may be instituted. In this case, the coaches for the respective teams convene and make alternating player selections based on evaluation scores from tryouts and, in some cases, the opportunity to directly observe a pool tryout session or practice. This practice is done under the supervision by at least one PLSHA Board member. This practice has been used successfully by PLSHA and many other associations.

Volunteers

To ensure the success of the Prior Lake Savage Hockey Association (PLSHA) families will be required to fulfill volunteer hours during each hockey season for **each** player in the association. The volunteer season will run from August 1 (prior to the season through District and State Tournaments (in the following spring).

Parents or guardians shall perform annual volunteer hours for each hockey season; a specified number of hours to the PLSHA/D6 and their respective team(s).

- **PLSHA and D6 hours:** will be designated year-to-year by the Board based on needs and PLSHA commitments. Volunteer hours that support the PLSHA and D6, at large, will be added to DIBS and tracked through DIBS. If DIBS items are not claimed PLSHA will work with team managers to assign hours.
- **Team hours:** will be designated year-to-year by the team manager and/or assigned volunteer tracker. Volunteering for each player's team(s) at regular scheduled district games/tournaments/practices, such as staffing the penalty box, scorekeeping/announcing, locker room monitoring, is expected and will be rotated in order to successfully operate the team(s).

Visit the [volunteer page](#) for more information.

PLSHA SafeSport

The safety of its participants is of paramount importance to PLSHA and USA Hockey. SafeSport is the organization's program related to off-ice safety.

SafeSport is in place to protect participants from physical abuse, sexual abuse and other types of abuse and misconduct that can be harmful to youth hockey players and other participants. These include without limitation Physical Abuse, Sexual Abuse, Screening, Locker Room Supervision and Hazing Policies, in addition to Codes of Conduct applicable to administrators, coaches, officials, parents, players and spectators. The USA Hockey SafeSport Handbook ([found here](#)) is intended to update and collect USA Hockey's various policies to protect its participants from all types of misconduct and abuse.

It is the policy of PLSHA and USA Hockey that all coaches and managers complete appropriate training in the area of child abuse, sexual abuse and other types of misconduct. The coaches WILL NOT be allowed to coach if they do not complete the training prior to their team's first practice. The training consists of online videos adopted by USA Hockey, created by the United States Olympic Committee and takes approximately 90 minutes. The training is free of charge and can be found [HERE](#).

Equipment

Traveling jerseys: PLSHA will provide traveling teams a home and away jersey & matching socks. The away jersey will be returned to PLSHA each season. The home jersey will be purchased at the time of registration, will include the player's last name, and will be kept by the player each season.

Mites jerseys: PLSHA will provide one jersey and pair of socks which players keep each season.

Player equipment: Players provide all other equipment. Navy equipment required for 2020-2021 season. Navy equipment will be enforced for all 10U, 12U, 15U, Squirts, Peepees, and Bantams. It is non-applicable to Mites and Junior Gold.

- Individual water bottles required to prevent the spread of germs.
- Teams are strongly encouraged to purchase an apparel item to be worn to all games. All team apparel will be required to use PLSHA logo.

Commitment/Expectations:

Mission Statement: Prior Lake-Savage Hockey Association (PLSHA) is a volunteer organization. Our objective is to teach our players respect for; teammates, coaches, the game, and to take pride in being a Laker community. We are guided by the values of: perseverance through adversity, personal integrity, discipline, and good sportsmanship. Our success will be measured by our players reaching their potential while having fun and loving the game of hockey. It's about the kids! Dedication to our mission will ensure PLSHA is represented at the highest level possible.

As PLSHA strives to build pride and a legacy of winning into our organization, we are seeing major improvements in our teams' performance both in terms of fewer disciplinary actions and greatly improved competitiveness at all levels. This is in large part due to the dedication of the players, parents and coaches in PLSHA. The following expectations and attendance policy are designed to ensure all participants in the PLSHA understand what is expected and that we continue on the path to success.

- The team is first; support your teammates.
- A consistent work ethic at all practices.
- An expectation of winning, not hoping you do.
- Positive attitude toward all team members and coaches.
- Respect for fellow competitors and officials.
- A willingness to learn and improve.
- Pride in your team and association.
- The best players work hard to improve and have FUN doing it!

Attendance:

To ensure maximum team and individual player development throughout the season and to strive for overall team success, it is critical to have players at practices and games. We expect a lot from our coaches (both parent & non-parent/volunteer) and believe that we owe them a method to encourage strong dedication and commitment in their players, particularly those teams competing at the highest levels.

- Players will be required to attend ALL games and practices
 - There will be tournaments over the Thanksgiving holiday
 - Acceptable absences include religion, illness, and family emergencies. The need to finish schoolwork is not acceptable; players must balance their schedules and learn how to become student-athletes. It will be required if they wish to play high school hockey and beyond.
 - MEA weekend (Oct 14-19) & Christmas (Dec 24-27) will be OPTIONAL PRACTICES ONLY for all PLSHA teams for this season. Other holidays and vacations will not be excused from your obligation to your team
- The following are the consequences of missing a practice or game; the same policy will be standard on ALL teams.
 - Players missing practice due to an unexcused absence will be required to sit one (1) period in the next game.
 - Players missing a game due to an unexcused absence will be required to sit the entire next game.

Estimated Season Costs – All Levels

Level of Play	PAID AT REGISTRATION/PRIOR TO SEASON					PAID DURING BALANCE OF SEASON ⁵	APPROXIMATE TOTAL SEASON COST	
	Registration ¹	USA & MN Hockey Fees ²	Dry land ³	OPTION OF: Fundraising Cards / Cash Buyout ⁴	Home Jersey	Season “ice bills”	Season Cost with Buyout	Season Cost with Fundraiser cards (after reimbursement from resale)
Rookie Mite	\$90	\$50	n/a	\$200/\$125	provided	n/a	\$265	\$65
Mite Tier 1	\$230	\$50	n/a	\$200/\$125	provided	n/a	\$405	\$205
Mite Tier 2, 3, 4	\$230	\$50	included in ice bills	\$200/\$125	provided	tbd	~\$405	~\$205
Youth 10U/Squirt	\$285	\$50	\$195	\$200/\$125	\$60	~\$900	~\$1,690	~\$1,490
10 & Under Girls								
Youth 12U/Peewee	\$285	\$50	\$195	\$200/\$125	\$60	~\$1,075	~\$1,865	~\$1,665
12 & Under Girls								
Youth 14U/Bantam	\$285	\$50	\$195	\$200/\$125	\$60	~\$1,450	~\$2,240	~\$2,040
Jr Gold/Jr Gold 16	\$400 (includes \$125 for jerseys)	\$50	n/a (optional)	\$200/\$125	n/a	~\$1,000	~\$1,650	~\$1,450

Notes:

1. Registration Fees -
 - a. Rookie and Mite Tier 1: the fees cover the total costs of the season (ice, jamboree, referees, learn to skate lessons for rookies, etc.), as there are NOT monthly bills at these levels.
 - b. Mite Tiers 2-4: the fees cover the total **estimated** costs of the season (ice, jamboree, referees, learn to skate lessons for rookies, etc.), there may be an incremental bill at these levels to cover any overages in costs.
 - c. Traveling: the fees cover the ongoing costs of running the association. These costs include such things as coaches, goalie programs, maintaining ice at Lakefront, tax preparation fees, website maintenance, etc. There are additional monthly “season ice bills” at these levels.
 - d. Goalies: Those that own their own equipment (NHL legal) are EXEMPT from the base registration fee, but ARE obligated to participate in or buy out the fundraiser & volunteer programs and pay all other season costs.
2. USA & MN Hockey Fees – These are fees mandated by USA and MN Hockey. Each participant will pay the USA Hockey fee of \$40 and \$10 Minnesota Hockey fee if age 7 or older. The USA Hockey fee is waived for age 6 and younger. Registration must be completed for all players regardless of age.

3. Dry land Fees – Teams at the Squirt/10U level and above will participate in a dry land training program at Exceed and Dakota Fitness Center.
4. Fundraising C Cards OR Cash Buyout –
 - a. Fundraising Cards: association member pays \$200.00/player at registration and receives 10 fundraising cards. These cards are sold to patrons or neighbors for \$20.00 each, total sale of \$200.00 which goes directly back to the member selling the cards.
 - b. Cash Buyout: association member pays \$125.00/player at registration and can “opt out” of selling fundraising cards.
5. Paid during the balance of the season
 - a. Mites 2, 3, 4: Any incremental costs NOT covered by registration may be reconciled in an end of season payment. Note that the total costs may vary depending on the number of practices, number of participants, etc. and as a result the monthly amounts may vary.
 - b. Traveling Teams
 - i. Bills issued monthly. Traditionally this has been based on actual expenses incurred and VARY based on number of practice hours, amount of shared ice, and number of players per team. The BOD is looking into consistent monthly payment options.
 - ii. Includes tournament costs, ice and D6 charges
 - iii. Estimate is based on the average cost per player during the 2019-20 season and guidelines outlined above. An A team will generally be 10%-15% higher, and a C team will generally be 10%-15% lower

Summary:

As mentioned at the onset, this document is intended to give players and their family’s general information about the hockey season and set expectations about time commitment, costs, tryout format, etc. We are committed to open communication and will do our best to keep the association updated on a regular basis via Emails, website, etc.

There will be traveling parent meeting in September for new PLSHA and first time squirt and new PLSHA parents that will review this and additional information for the 2020-21 season. The mite parent meeting will also be held in September. Monthly board meetings that are held at 7pm the first Monday of each month at Dakota and are open to the association unless noted otherwise. We also are open to direct contact with questions, feedback or ideas.

The PLSHA Board

Best of Luck for a Successful 2020-21 Season – Go Lakers!