



# PONY/6U-Pre-Mite Program 2021-2022

The Pony/6U Program is intended for 2015 birth year skaters who have previously participated in at least one season of Future Stars or a similar program. Pre-mites emphasize development, skating/maneuvering skills, puck handling, passing and team cross ice play. This program will prepare the participants for half Ice game play when they advance to the Empire Red, White & Blue (RWB/Mite 8U) program. **Questions about this Program?**

Contact Jeanne Epping- [jepp.lsha@gmail.com](mailto:jepp.lsha@gmail.com)

## Ages

Players with the birth year 2015 qualify for the Pre-Mite program

## When

This program begins in September and ends at the end of March for a single registration fee. Register online, \$150 is due with registration and the balance is due October 15, 2021. Registration with USA Hockey is required. Registration for 2015 birth year with USA hockey is free

## Where

Practices will occur 2 x a week at Lakeshore Hockey every Monday & Saturday. Additional practices may be scheduled on Sundays if ice is available

## Practices, Teams & Price

The cost is \$\$690, the season runs from September through the end of March, 2021. Participants in the Pony program should expect to skate twice a week Monday & Saturday. Players will be randomly split into teams, the number of teams will depend on the number of players registered.

## Games

Skaters in the Pony Program will play in 4 or 5 Jamborees (multiple short games on one day) at rinks in the Rochester area beginning in November-February. Jamborees occur roughly once per month starting in November. Jamborees will be hosted by local rinks and can be scheduled on Saturdays or Sundays.

## Jerseys

Each player will receive a game jersey and a pair of socks. Participants are required to wear full hockey equipment including a certified hockey helmet with face mask, a neck guard, shoulder pads, elbow pads, hockey gloves, hockey pants, shin guards, and an ice hockey stick