

Hello Mite Families, our 8U House program is off to a great start and want to keep everyone informed as we move forward.

Birth Certificates

All players must bring a photocopy of their birth certificate to the evaluations on Saturday September 8th. Carrie Stewart, our club's USA Hockey registrar, will be there to collect them and submit them to USA Hockey as part of our team registrations. The photocopies will be returned to you after verification.

Coaching Certification

Only USA Hockey certified coaches are allowed on the ice. Coaches must 1) Be members of USA Hockey, 2) Passed a Background Check, 3) Completed SafeSport Online Training and 4) Completed the 8U Online Module. Coaches have until December 31, to complete a CEP Level 1 Clinic.

House Team Assignments

We will be dividing the players into teams and divisions prior to practices on September 15. You will receive an email sometime the week before along with an invitation to join a "TeamSnap" page for your assigned team. Please download the TeamSnap App from the Apple or Google Store, or visit <http://teamsnap.com>. We will also post team assignments on the website. If you have not heard anything by Friday, September 14, please contact David or Aimee. Here is an advance schedule for the following two weekends.

Facility	Day	Date	Start	End	Teams
MVIA	Sat	09/15/18	6:15 AM	7:30 AM	METROPOLITAN PRACTICE
MVIA	Sat	09/15/18	7:30 AM	8:45 AM	ATLANTIC PRACTICE
MVIA	Sun	09/16/18	6:00 AM	7:10 AM	ATLANTIC PRACTICE
MVIA	Sun	09/16/18	9:00 AM	10:10 AM	METROPOLITAN DIVISION GAMES
MVIA	Sat	09/22/18	6:15 AM	7:30 AM	ATLANTIC PRACTICE
MVIA	Sat	09/22/18	7:30 AM	8:45 AM	METROPOLITAN PRACTICE
MVIA	Sun	09/23/18	6:00 AM	7:10 AM	METROPOLITAN PRACTICE
MVIA	Sun	09/23/18	9:00 AM	10:10 AM	ATLANTIC DIVISION GAMES

Travel Tryout Registration

Reminder that tryouts for the Ice Dogs 8U CBHL Travel teams will be held Monday, September 10, 2017. Advance Registration is Required. On-ice player evaluations begin at 5:45PM and the Mt Vernon Ice Rink. The Ice Dogs will field two CBHL Travel teams. More information is on the web site.

Heads Up Hockey – ACTION REQUIRED

Heads Up Hockey is a USA Hockey program for the prevention on head, neck and spinal cord injuries. We will be running a Heads-Up station this weekend and I would like all players to watch this short (4:31) video from USA Hockey sometime this week. <http://www.usahockey.com/page/show/1011484-heads-up-hockey>

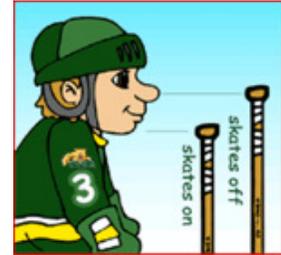
Goalie Training

Our club owns goalie equipment for 8U players and we encourage all players to try the position during the season. Beginning players are usually better off waiting until the second half of the season. This

year, we are expanding our goalie training and will be working with goalies at almost every practice. Some practices will be dedicated to beginners while others will have professional goaltender instruction intended for intermediate and advanced goaltenders. Interested players should contact our goalie coordinator, Tim Froemke (tm.frmk@gmail.com). Goaltenders should arrive 30 minutes before practices and games to allow for proper sizing and dressing.

Stick Length

We've noticed a lot of players with hockey sticks that are either too long or too short. We mention it to the players but often, nothing ever ends up happening. Some composite sticks can be lengthened by replacing the wood plug in the butt-end – see your favorite pro shop. While standing in skates, the stick should come up to the player's chin. In shoes, the stick should come up to the player's nose.



Locker Room Assignments

Please use the correct locker rooms in the morning. The first ice slot will usually get 1&3 and the second ice slot will get 2&4. On Sunday's, there are other games after us and we need to have the first pair of locker rooms cleaned and keys returned by 8AM. If your designated locker room is locked you can get keys from the skating office. Locker Room assignments are posted on the bulletin board in the hallway.

Parental Interference

There are two parts to this issue. I do not want parents coming around the boards, behind the nets or to the bench talking to their players during a practice or game. Secondly, I do not want players leaving the ice during practice to talk to their parents or to get water. All players should have a water bottle on the bench. Legitimate reasons for leaving the ice include: bathroom, injury or equipment problems.

Entertaining PSA commercials USA Hockey & Hockey Canada put out a few years ago:

https://www.youtube.com/results?search_query=usa+hockey+relax+it%27s+just+a+game

Mite Board Installation - Help Needed

Calling all Metro Division Parents in the Stands: We are looking for a minimum of two strong Dads/Moms from each team or as many parents that are willing to walk out on the ice and help with set up for our Metro inter-league games, i.e. setting up boards and snapping them together. Every other week for Metro Divisional Games, we will need parents to help On-Ice Coaches set-up and break down. With your help, our goal is to be able to do this with the most efficiency. Please email aimeemspencer@gmail.com if we can count on you to help. We will take some time on the ice to practice this. Saturday 9/23 at 730 am.

8U Age Rep Successor

Looking for a 2011-2013 parent that is interested in getting involved with organizing and managing the following: Jamborees, Mites on Ice, End of Season Events. You will work with David & Aimee who will prepare you for a role that you could take on for the duration of your mite years. Please email with your questions and interest! aimeemspencer@gmail.com

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Ice Dog 8U House Director

Aimee Spencer
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Ice Dog 8U Age Rep