



WELCOME



2025-2026 PLSHA Mite Parent Meeting

Matt Denman – Mite Program Coordinator (plsha.mitecoordinator@gmail.com)

Cassie Pender – Mite Manager Coordinator (plshamitemanager@gmail.com)

Discussion Topics



- Mission Statement
- Introductions
- Program Objectives, Overview, Goals
- USA Hockey/MN Hockey
- Equipment
- Practice Structure
- Expectations
- Mite Jamboree
- Coaching
- Questions

MISSION STATEMENT



Prior Lake/Savage Hockey Association is a volunteer organization.

Our *objective* is to teach our players respect for their teammates, coaches, the game, and to be proud of being a part of the Laker community.

We are guided by the *values*:

- 01 PERSEVERANCE THROUGH ADVERSITY
- 02 PERSONAL INTEGRITY
- 03 DISCIPLINE
- 04 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.

Introductions



- **Matt Denman – Mite Program Coordinator**
 - Prior Lake graduate
 - Played high school, junior, and college hockey
 - 4th season as a varsity coach with Prior Lake
 - 1st season as mite program coordinator

- **Cassie Pender– Mite Manager Coordinator**
 - One son, Cooper (7) and one daughter, Livvy (5)
 - Husband, Bryan - Mite Coach (4th year)
 - (4) seasons with Prior Lake, 3rd for managing and Mite Jamboree Tri Chair

Introductions



We couldn't do this without our additional mite program volunteers:

- Andy Krogfus - Mite Jersey Coordinator

Program Objectives



- **Emphasis on FUN**
- Friendships
- Skill Development
- Athleticism

According to USAHockey.com, Hockey helps boys and girls make big strides on and off the ice. Here are just a few of the positive characteristics youth hockey helps bring out of kids:

Pride – Focus – Exhilaration – Strength - Responsibility
Thrills – Adventure – Confidence - Leadership
Friends – Teamwork - Laughter

More than a Game

Hockey develops skills on the ice that build a foundation for a lifetime. In addition to athletic prowess, hockey promotes confidence, pride, focus and responsibility. With an emphasis on fun, hockey is a game to be played and enjoyed for life.

Life-long Friendships

Starting with the bonds created in the locker room to the relationships formed on ice, hockey creates life-long friendships. This camaraderie shared on and off the ice encourages teamwork and the natural development of leadership skills.

Set Up for Success

From learning to balance school, responsibilities at home, time at the rink and playing with friends, hockey encourages kids to learn time management skills that will later serve them in all facets of life. Hockey's unique source of physical fitness promotes healthy living.

Hockey is Fun

The thrill of carrying the puck up the ice on a breakaway, the exhilaration of scoring your first goal or making that amazing save is possible due to the encouraging environment hockey provides to try new things and grow as a hockey player and person.

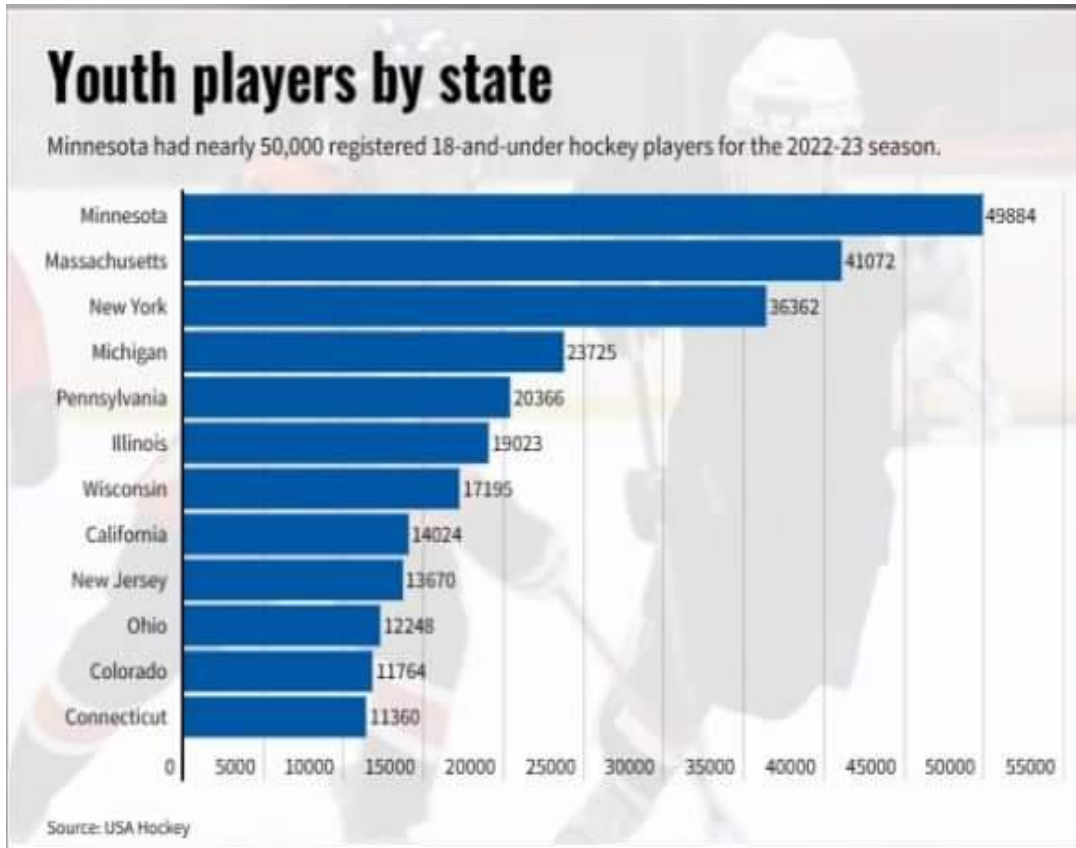


Some Statistics...



- At any given time, there are:
 - A few hundred Minnesotans playing junior hockey
 - 200-300 Minnesotans playing NCAA Division 3 hockey
 - 200 Minnesotans playing NCAA Division 1 hockey
 - 100 Minnesotans playing AHL/ECHL hockey
 - 50 Minnesotans in the NHL
- Less than 1,000 players TOTAL from Minnesota are playing higher than high school each year.
- **Almost 20,000 new players** are introduced to hockey in Minnesota every year.
- Broken record: focus on fun, not on making the pros!

Some More Statistics...



Did you know:

Of all of the kids that play youth Hockey, only approximately 5% will play Varsity High School Hockey in Minnesota.

According to research by the NCAA:

Only 0.9% of high school hockey players make it to the NCAA level.

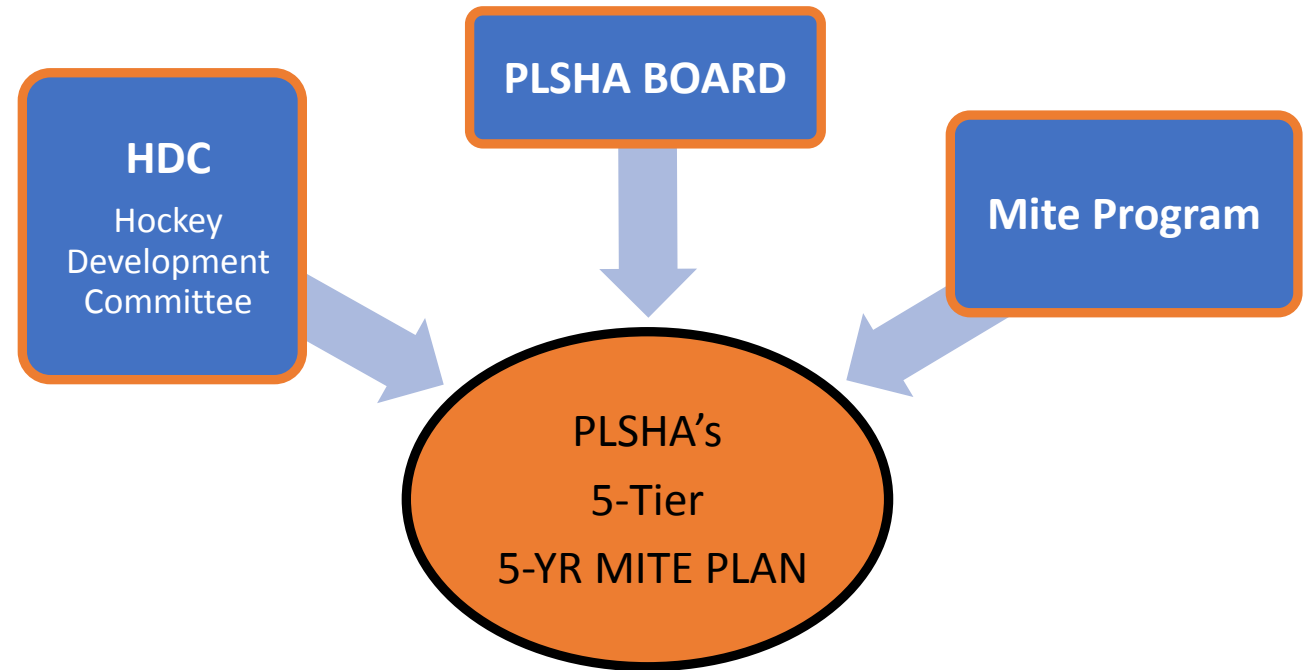
An even smaller fraction, 0.3%, of NCAA players eventually reach the NHL.



Program Goals



- Fun for all ages and abilities
- Age-appropriate skills and drills
- Well trained and organized coaches
- Fundamental skating development/skill development
- Opportunity for all to play at each level



USA Hockey/MN Hockey Rules



- PLSHA must adhere to District 6 hockey policies. D6 must adhere to MN hockey policies and MN hockey must adhere to USA Hockey policy requirements.
- Compliance with USA Hockey policies for the 2025 – 26 hockey season. MN Hockey obtained a variance to the policies which allows us the following:
 1. Scrimmages must be within the district or else approval is required
 2. **Intermediate size nets** for all mites
 3. No full ice until after Jan 1st (Mite 3 and 4 only)
 4. **8 full ice** scrimmages (Mite 3 and 4 only)
 5. Two jamborees (One home and one away) for each mite team – Up to 3 games at each jamboree (All Mites)
 6. Cross ice and half ice scrimmages for Mite 1 and Mite 2

Why play hockey on a small ice surface? Less space = Less time = Quicker Decisions



Need hockey equipment?

Prior Lake Hockey will lend you equipment to use FREE with a \$100 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 and socks will be provided

Please reach out to Mike Provenzano and/or Jessica Ehresman for mite equipment needs.
(mjprove@gmail.com) and (Jesskelly9@yahoo.com)

Program Overview



- Five Years – Five Tiers

- Rookie Mites

- January – March
 - First time players primarily Pre-K and K
 - Organized chaos, fun on-ice activities
 - Some in-house scrimmages

- Mite 1

- Full season
 - First and second year players primarily K and 1st grade
 - Hockey skill drills and fun activities
 - Some in-house and district scrimmages

- Mite 2

- Full season
 - Primarily 1st and 2nd grade
 - Hockey skill drills and fun activities
 - Some in-house and district scrimmages

- Mite 3

- Full season
 - Primarily 2nd and 3rd grade
 - Hockey skill drills, limited gameplay/rules lessons, and fun activities
 - In-house and district scrimmages

- Mite 4

- Full season
 - Primarily 3rd grade
 - Hockey skill drills, gameplay/rules lessons, PEP skills training, fun activities, and dryland training
 - In-house and district scrimmages

Program Overview Post Mites

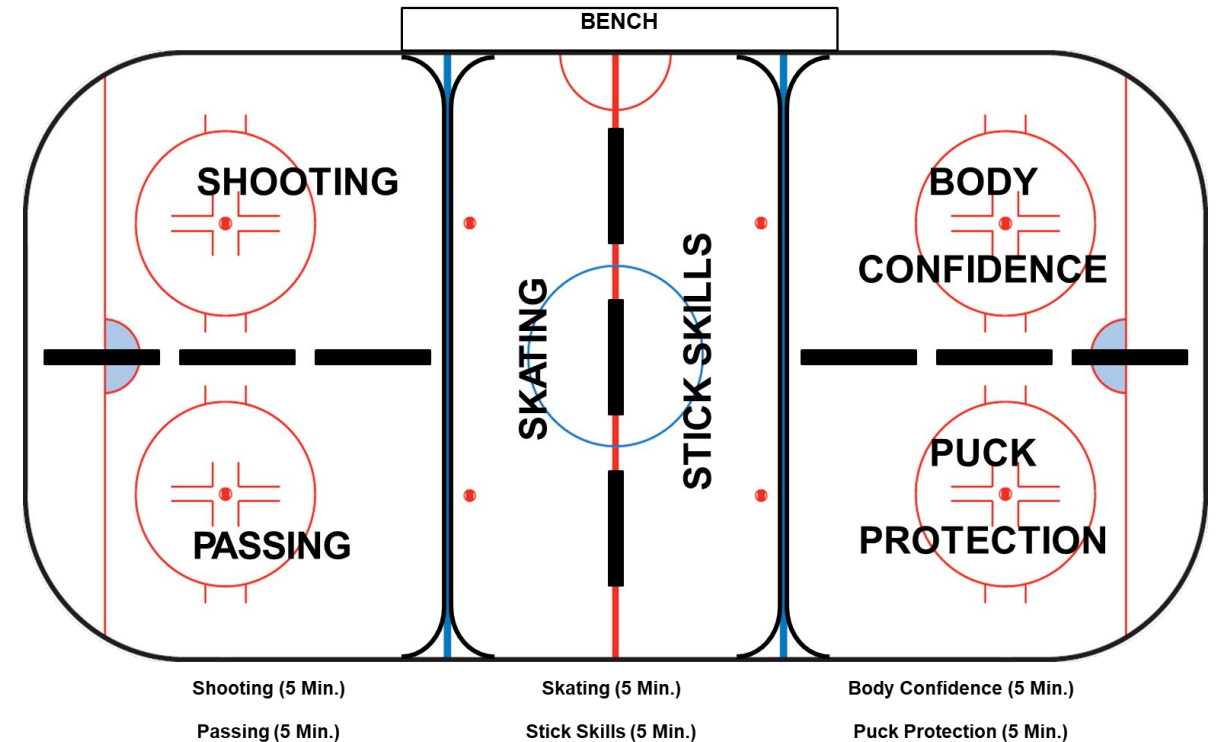


- Squirts
 - 4th grade - 5th grade
- Peewees
 - 6th grade - 7th grade
- Bantams
 - 8th grade - 9th grade
- Highschool
 - 10th grade and forward

Practice Structure



- Saturday and Sunday mornings
 - Dakota will open 30 mins prior to the first skate each day (Approx. 6:30am)
 - USA Hockey based station drills
 - Will be modified for any in-house Scrimmages
- Saturday Learn to Skate at Dakota
- Shinny time
 - Outdoor free play at Lakefront
 - Weather permitting
 - Completely optional



Hockey Parents



- Don't be in a hurry!
 - Racing your player to the top of the Mite Program will have little or no bearing on high school success or beyond.
 - Focus on fun with friends – the rest will come with time!
- Don't miss practice!
 - Repetition, repetition, repetition!
- Relax and enjoy the journey!
 - Patience.
 - Expect mistakes from the players and the coaches. All of us are learning.
- Car coaching
 - Keep it positive!
 - Picking apart performance is not going to help. Focus on fostering a fun environment and let coaches worry about skill development.
 - Imagine your boss commuting home with you and highlighting your errors.

Expectations



- Dibs hours
 - Rookie Mites: **No DIBS hours**
- Team Volunteering
 - Every team manager (Cassie) will ask parents to help with specific tasks (equipment setup/take-down, running a clock during practice, etc.). Again, this does NOT satisfy dibs hours but is essential to association and team success.
- 2025 – 2026 Laker Hockey Season Information Document can be found on the PLSHA Website.

Coach Requirements



Below is the process that **must be followed to be eligible to coach any team for PLSHA**. PLSHA will not allow anyone on the ice or bench and will remove anyone from the official USA Hockey roster that does not meet the requirements by the expressed due dates.

Necessary steps 1-6, with due dates, you must complete if you wish to coach. **Please make all efforts to complete these as soon as possible. The earlier you look at this and understand it, the better for everyone involved.**

New of '23/24 - The PLSHA Coaches Coordinator will **EXCLUSIVELY** use USA Hockey's Administration Portal for requirements verification. Emails with attachments will no longer suffice as proof of completion, with the exception of Concussion Training, please still email the certificate to plshacoaches@gmail.com.

All certification cost are eligible for reimbursement even if you are not selected to coach.

Step 1: Applications (PLSHA & USA Hockey) - Due ASAP

USA Hockey application is open NOW
PLSHA application opens 8/1/23

Step 2: Background Screening - Due at time of application

Step 3: CEP - Due by 12/25/23

Step 4: Age-Specific Modules - Due before you can be rostered or on ice

Step 5: SafeSport - Due before you can be rostered or on ice

Step 6: Concussion - Due before you can be on ice

Pictures



Sunday, January 4th Rink 2

- 10:30 - RM 1 & RM 2
- 10:45 - RM 3 & RM 4
- 11:00 - RM 5 & RM 6
- 11:40 - Practice

Make Ups - January 17th

- 10:00AM - 2:00PM
- Photos taken on January 17th will be individual only and cannot be added to team or pano posters
- First-come, first-served basis
- No sign-up is required, parents can simply show up ready to go, and we'll take care of the rest



Mite Jamboree



- PLSHA Mite Jamboree will be held March 12th - 15th, 2026
 - 2 Games for each team, typically held Saturday only
 - Swag and awards for each participant
 - Many Fun Activities: Vendors, face painting, chuck-a-puck, silent auction

If interested in helping out, please connect with Cassie Pender/Laura Peterson/Natalie Rognrud
(plshamitejamboree@gmail.com)

FINANCIALS/SPONSORS

SPECIAL
THANKS
TO OUR
GAMBLING
SPONSORS!



THANK YOU TO OUR SPONSORS



ENGEL & VÖLKERS®
LORI ANDERSON



COMPOUND®
www.TheCompoundHQ.com



MNI INC.
WOMAN OWNED SINCE 1985



VEIL WILD
ORTHODONTICS



Northwestern Mutual®



Ryan C. Brockhaus, CFP®, CLU®
Wealth Management Advisor



Sponsorship Committee

Shawn McCort

Katie Anderson

Becky Ludvigson

Amanda Rooney

Hanna Smith

Cassie Pender

Amber Annette

Mary Holt

Kyle Antilla

PLSHA Emails



Just a reminder, the PLSHA email inbox is not monitored.

Direct replies to PLSHA emails are not responded to.

If you need to contact someone, please go to PLSHA website and find appropriate contact!

Questions?



We can't wait to get started!

Go Lakers!!

Let's Play Hockey!