



Mount Clemens Hockey Club New Parent Handbook



Mount Clemens Hockey Club
200 N. Groesbeck Ave.
Mount Clemens, MI 48043
www.mountclemenshockey.org



About the MCHC

As a recognized and long-standing member of the Michigan Amateur Hockey Association, the mission of the Mount Clemens Hockey Club (MCHC) is to provide a fun, organized, educational and competitive hockey program for the youth of Macomb County and the surrounding areas. We are a full service club that offers – learn to skate, learn to play, house/recreational divisions, travel divisions and a girls only program.

The purpose of the MCHC is to:

- Promote youth participation in the sport of ice hockey
- Teach the basic skills of skating, stick-handling, shooting, passing and all of the rules associated
- Develop and encourage sportsmanship between all players for the betterment of the physical and social well-being
- Interact with other hockey players
- Promote an instructional and recreational approach to the game of hockey
- Provide equal participation for all athletes, instruction of basic hockey skills, recreational team play for fun, self confidence and team spirit, fair play and good sportsmanship and balanced teams
- Provide our players an affordable and enjoyable hockey experience where fun and skill development comes first



About the MCHC (continued)

Since 1994, the MCHC has registered several thousand members with USA Hockey. In that time, we have enjoyed a lot of success on and off the ice.

Teams from our club have been crowned champions at several local and out of town tournaments, 12 State Champions and 1 National Champion in 2006 ('89 Wolves).

We have also had the pleasure of working with many charities and fundraisers for those in need – Toys for Tots, Giving Tree, Gleaners Food Bank, Hockey Fights Cancer and many more.

While we feel that any child who is lucky enough to play the sport of hockey is considered a success; we



also have had several players move on to play at the “next level” – most notably Danny Dekeyser of the Detroit Red Wings, Angela Ruggiero (1998 Olympic Gold Medalist with Team USA) and Stanley Cup Champion Steve Oleksy.

Why Kids SHOULD Play Hockey

**Hockey helps kids make big strides on and off the ice.
Here are just a few of the many benefits of playing hockey:**

Social Benefits

- Relationships with other kids. Hockey players develop powerful relationships and often lasting friendships with their teammates.
- On a team, kids will learn about cooperation and working with others to achieve a common goal.
- Hockey is great equalizer as economic status, skin color and background are not important when you are on a team.
- Hockey will teach kids how to follow instructions from adults (coach)

Physical Benefits

- Kids who play hockey see many health benefits, including muscle strength, cardiovascular and reduction in body fat.
- Hockey provides a means of stress relief; allowing kids to clear their minds of the many pressures they face with school, social situations, peers, etc.
- Hockey players will learn to make healthy eating choices.
- Hockey relies on good coordination between the eyes and the hands and also improves reaction time.

Personal Benefits

- Hockey helps kids prepare their mind and body for practices and games.
- Hockey will help kids deal with challenges and disappointments they may face in life.
- Hockey will provide an opportunity for kids to serve as leaders of their peers.
- Athletes learn to manage their time productively balancing practice/ games, school and other responsibilities.

Follow These Simple Steps:

LEARN TO SKATE

LEARN THE BASIC SKILLS OF SKATING
HELMET AND SKATES REQUIRED
(WE RENT SKATES, BIKE HELMETS
ARE ACCEPTABLE)

LEARN TO PLAY HOCKEY • LITTLE JETS

LEARN THE BASIC SKILLS OF HOCKEY:
SKATING, SHOOTING, STICKHANDLING AND PASSING
FULL EQUIPMENT REQUIRED – VISIT B&R SPORTS INSIDE THE ARENA

MITE HOCKEY • 8 AND UNDER

HOUSE B (ADM MODEL) – OR – TRAVEL A/AA (AAU)

HOUSE HOCKEY SQUIRT – MIDGET 10U-16U

MORE RECREATIONAL
NO TRYOUTS
LOWER ICE BILLS AND
TIME COMMITMENT

TRAVEL HOCKEY SQUIRT – MIDGET 10U-16U & GIRLS 10U/12U

NEED TO TRYOUT FOR TEAM,
MORE COMPETITIVE
AND BIGGER
TIME COMMITMENT



Hockey Q & A

Q: Does my child need to learn how to skate before signing up for hockey?

A: In order to join a hockey team, you must be able to skate comfortably. If your child does not have any skating experience, the Mount Clemens Ice Arena offers a Learn to Skate Program starting as young as 3 years old.

Q: What comes after Learn to Skate?

A: The MCHC offers a beginner hockey program for ages 4-8 called the Little Jets.

Q: What equipment is required?

A: Full equipment is required which includes; a helmet with facemask, shoulder pads, elbow pads, gloves, pants, protective undergarment, shin pads, socks/jersey, neck guard, mouth guard, skates and a stick. The arena is home to B&R Sports and they can assist with fitting and any questions you may have. See the diagram on the next page for a full description.

Q: How expensive is hockey?

A: Hockey is comparable to other sports. As with any other sport it is up to you on how much you want to put into it with clinics, lessons, equipment, etc. Also, there is a price difference between house and travel.

Q: How long does the season last?

A: The fall/winter season runs from September – March and the spring season is April and May.

Q: What is the typical weekly schedule?

A: In a typical week House B teams will skate 2-3 times and Travel teams will skate 3-4 times.

Q: What is the difference between "House" and "Travel"?

A: House hockey is typically more recreational and travel is more competitive. Travel teams have tryouts and anyone who signs up can play house hockey. It does cost more to play travel hockey than it does for house hockey.

Q: Who do I contact for registration information or general questions?

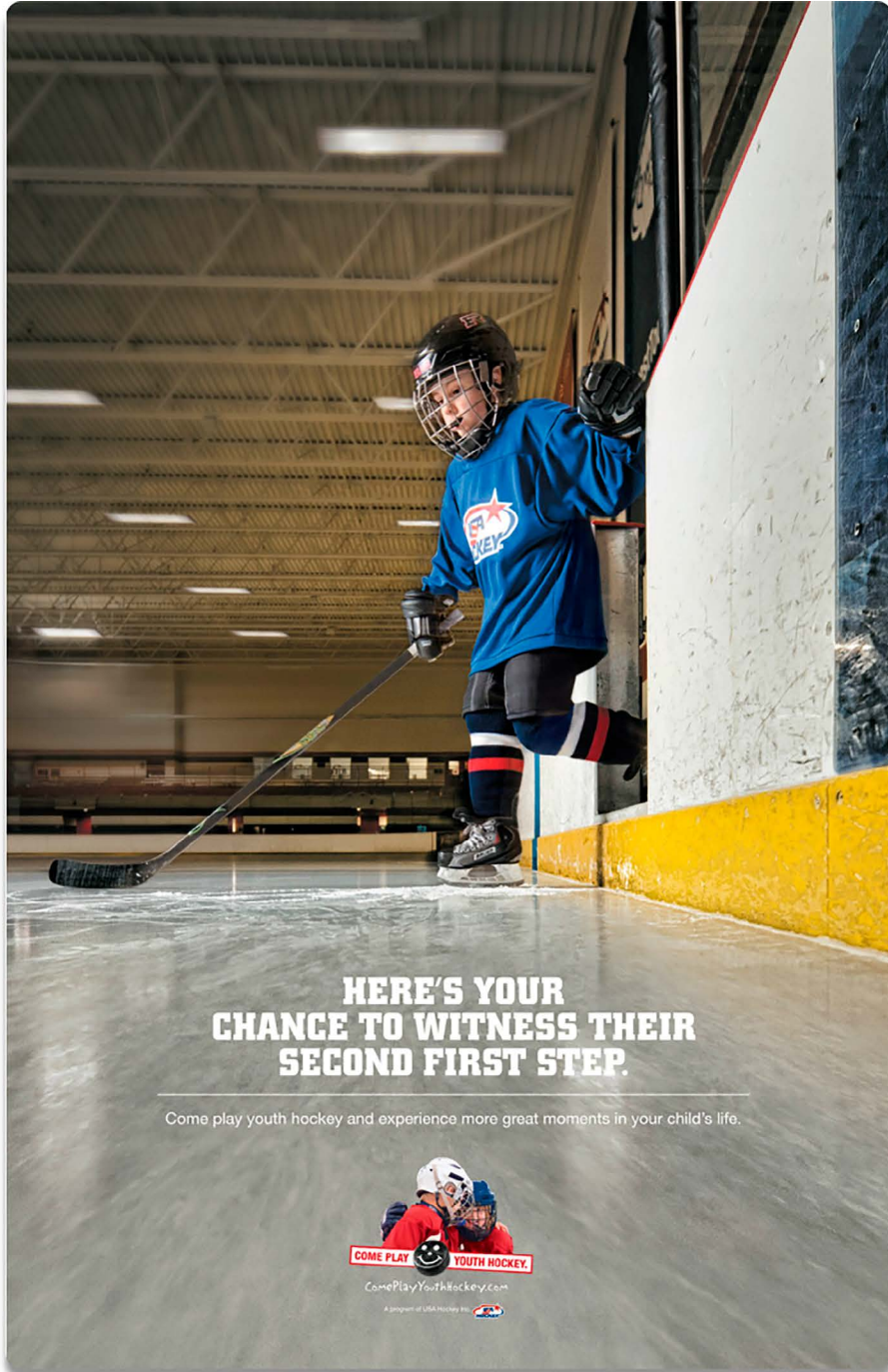
A: If you have any questions, please feel free to contact Andy Wade at any time – andy@mountclemensicearena.com or visit www.mountclemenshockey.org



Hockey Equipment



MOUNT CLEMENS HOCKEY CLUB



**HERE'S YOUR
CHANCE TO WITNESS THEIR
SECOND FIRST STEP.**

Come play youth hockey and experience more great moments in your child's life.



ComePlayYouthHockey.com

A program of USA Hockey Inc.

MC
MOUNT CLEMENS ICE ARENA