

## Welcome to the Moose Lake Area Hockey Association!

The board of directors would like to welcome you to the Moose Lake Area Hockey Association. As a member of the association you have the opportunity to become involved in a truly unique program. MLAHA is a non-profit organization that is strictly operated by the parents of its players along with other involved community members. It is this involvement that allows our organization to run smoothly. Many hours are spent on arena maintenance, tournaments, home games, and board meetings. We have found it important for parents and players alike to take an active role. Due to the amount of jobs and duties, the more who participate the less the workload for all involved. We also realize that everyone has other jobs and commitments and therefore may not have a lot of time to donate, but we have many small jobs that take little time and still allow you to be an active member. The fun of watching your child play the great sport of hockey far outweighs the work so relax and enjoy the hockey season!

### Mission

The mission of MLAHA is to give each child in our program and opportunity to develop and grow as a hockey player. We feel that developing each and every player is vitally important to the success of our program.

### Registration Fees: What are they used for?

The registration fees set by the board are used for several different things. USA HOCKEY and MINNESOTA HOCKEY require all associations to carry insurance for their players. These costs are set ahead of time and part of each registration fee goes towards those set costs. Each player that registers is required to become a member of USA HOCKEY, our governing body, and again a fee is attached to do so. Each team must also be registered with USA HOCKEY and MINNESOTA HOCKEY and more fees are attached. The Fees are higher for Peewees and Bantams due to higher cost of tournaments and the amount of ice time absorbed by these teams. As part of registration you will receive a membership card from USA HOCKEY, a monthly hockey magazine for a year, and insurance.

The remainder of registration fees goes towards the operation of Riverside Arena and two outdoor rinks. This includes staff, utilities, maintenance, etc.

BIRTHDATE	LEVEL	COST by 9-30	COST after 9-30
7/1/01-6/30/03	MITE 1	\$100.00	\$150.00
7/1/99-6/30/01	MITE 2	\$125.00	\$175.00
7/1/97-6/30/99	SQUIRT	\$175.00	\$225.00
7/1/97-6/30/99	GIRLS 10 U	\$175.00	\$225.00
7/1/95-6/30/97	PEEWEE/GIRLS 12U	\$200.00	\$250.00
7/1/93-6/30/95	BANTAM	\$250.00	\$300.00
1 <sup>ST</sup> TIME PLAYER*	ANY LEVEL	$\frac{1}{2}$ Price	$\frac{1}{2}$ Price
FAMILY MAX.	ANY LEVELS	\$400.00	\$450.00

\* 1<sup>st</sup> Time Player is defined as a player who has not played hockey for any association in the past.

- *NO CHILD WILL BE DENIED MEMBERSHIP IN MLAHA DUE TO AN INABILITY TO PAY\**
- *NO REFUNDS FOR REGISTRATION WILL BE ISSUED AFTER DEC. 1, 2008*

### Volunteerism

MLAHA requires a post-dated check for \$200.00 per family each season to encourage parental involvement to keep our association running smoothly. **This check will be not be cashed unless volunteer requirements are not met.** This is based on a 20 point system. Each family is required to work at least 1 youth hockey **and** 1 High School game in the concession stand. The rest of the points can be attained as you wish.

Volunteer Coordinator	20 PTS	Team Reporter	5 PTS	Rink Flooding	2.5 PTS
All Officers/directors	10 PTS	Call Person	5 PTS	Scorekeeper/Time Clock	2.5 PTS
Team Representative	10 PTS	Tournament Director	5 PTS	Penalty Box	2.5 PTS
Team Manager	5 PTS	Concessions	5 PTS	Coach	exempt

## **TEAM JOB DUTIES AND RESPONSIBILITIES**

**ASSOCIATION VOLUNTEER COORDINATOR** is responsible for coordinating all MLAHA volunteer activities. The main responsibility will be to keep track of the volunteer point system but will also be responsible for rounding up volunteers for activities such as making outdoor ice, facility maintenance (if needed), cleaning, etc. The survival of the association is based on the ability to get volunteers. This job is important enough that you will receive 20 points.

**TEAM REPRESENTATIVE** The Team Rep. is a MLAHA board member from each team. They attend the board meetings and keep parents informed on what is being discussed at that level. Reps also take concerns of the team to the board if a solution cannot be met outside of a meeting. The Team Rep. is a liaison between members and the board. You must attend at least 6 board meetings between October and March to earn your 10 points.

**TEAM MANAGER** Assists the coaches in scheduling pick-up games and tournaments. Makes room reservations for tournaments, relays information from coaches to parents and helps with anything else the coaches may need. A team manager is a liaison between coaches and parents. 5 pts.

**TEAM REPORTER** Writes newspaper articles from games and submits them to the local paper. You do not need to write about every game, but should try to get some articles in each season and highlights from tournaments and games. 5 pts.

**CALL PERSON** Makes phone calls to parents when practices are cancelled or when a coach needs to make any schedule changes. They may also help make calls for the Team Rep. and Manager. 5pts.

**TOURNAMENT DIRECTOR** The Tourney Director is the one in charge of the home tournament for their team. They oversee the entire tournament, with help from the entire team. The Tourney Director delegates out duties and responsibilities to other parents on the team. They may have to call teams to fill the tournament depending on how many have already signed up. This person will also be trained in how to check teams in for the tournament. The TD is the contact for other teams and refs in case of problems that may arise during the tournament. 5pts.

## **OTHER JOBS AND RESPONSIBILITIES**

**LAYING ICE:** It takes many parents many hours to get the rinks ready. Repairing boards and taking shifts doing the flooding. This is a very important job because we have too many teams to incorporate all indoor ice times for the teams. Teams are scheduled to practice outdoors periodically as soon as the weather permits. 5 points are earned after 2 hrs. of flooding.

**BULLETIN BOARDS:** Currently Julie Whited is responsible for the bulletin boards. Check them out for general information. It can be a place to put anything fun, funny, informative or creative. Contact Julie if you have something you would like posted.

**CONCESSION CLEAN UP:** Concessions are cleaned at the beginning and end of each season. Please watch for information as to when this will take place. The concession will be ready for the season, but will need cleaned up at the end of the year.

**END OF SEASON:** Come the end of the season there will be small jobs that need attended to, from general cleaning in the arena to small repairs. Notifications will be put out regarding this. The more volunteers the easier the job.

## **GAME DUTIES**

**CONCESSIONS:** During open skate nights, league home games and H.S. games parents will be running the concession stand. Parents are required to work at least 1 youth and H.S. game and will be awarded 5 points for each shift they serve. Up to 3 adults may cover the concession stand during a game and 1 adult for open skate or open hockey. Contact your Team Rep. if you need orientation.

**TIME KEEPER:** This person runs the clock during home games. Every team should have a number of parents trained in how to run the clock. It is not a hard job once you learn how to use it. Training will be available. Most enjoy the view for that side of the rink. Time Keepers earn 2.5 points each game.

**SCOREKEEPER:** This person keeps track of the score book for the game. An easy job once you learn it. This job awards 2.5 points per game. Also known as **THE BEST SEAT IN THE HOUSE**.

**PENALTY BOX:** All home games require 1 person in each penalty box. Basically you just open and close the doors, move the nets for the resurfacer, and pick up any trash left in the player's bench area. EASY, EASY, EASY. This job awards 2.5 points per game.

A sign-up book is kept in the concession area of the arena. You will be accountable for picking and fulfilling volunteer duties. Teams may be asked to fill certain time periods. This will be explained to you more completely as the season progresses. Hockey players cannot fulfill any of the required points; it must be done by the parents/ guardians. 3 adults are required to cover the concession during a H.S. game. Youth games require 2 adults. Open skate time requires 1 adult. **No one under the age of 15 will be allowed unsupervised in the concession stand.**

### WHAT TO EXPECT AT EACH LEVEL OF PLAY

Each level of play is different from all aspects. This means skills taught, practice times, amount of practices, amount of games and length of season. Please check the following for a summary of what you as a parent can expect at your child's level.

#### **SCHEDULING PARAMETERS**

<b>LEVEL</b>	<b>DAYS per WEEK</b>	<b># OF WEEKS</b>	<b>PRACTICE/GAME RATIO</b>	<b>MAXIMUM GAMES*</b>
MITE 1	2	18	4:1	9
MITE 2	3	19	3:1	20
SQUIRTS	3	20	2.5:1	25
GIRLS 10U	3	20	2.5:1	25
PEEWEEES	4 TO 5	21	2:1	30
GIRLS 12U	4 TO 5	21	2:1	30
BANTAMS	5 TO 6	22	2:1	35

\*MAXIMUM GAMES INCLUDES TOURNAMENTS BUT NOT PLAYOFFS\*

Boys and Girls play on the same teams through age 8 (Mite 2). Starting at Squirts/10U, girls will be expected to play on 10U, 12U or 14U teams. Any requests to have girls play on a Squirt, Pee Wee, or Bantam team must be in written form and submitted to the Player Development Committee for approval. Appeals may be submitted to the Board of Directors.

**MITE 1 Boys and Girls** are generally 4-6 years old depending on their birth dates. Practices usually start in late October and run through February. Scrimmages are set by the manager and they have a home Jamboree. Mite 1's are allowed to play two away Jamborees within the area, usually Cloquet, Carlton, or Duluth. Practices are usually twice a week. All of our coaches must be certified, registered, and meet the criteria that is set forth by the MINNESOTA HOCKEY. If any parent is interested in coaching they should contact The Director of Coaching and Player Development about getting certified. This requires a class that MLAHA will pay for.

**MITE 2 Boys and Girls** They are usually 7&8 year olds. Practices normally run late October through February. Mite 2's also have a home Jamboree and 2 local away Jamborees. Most weeks you can expect a game with 1 or 2 practices. Practice times will also usually be early evenings.

**SQUIRTS Boys/GIRLS 10U** are usually between the ages of 9&10. Practices run October through February. Squirts belong to the Voyager League and have a regular game schedule through the DULUTH AMATEUR HOCKEY ASSOCIATION. 10U Girls play an independent schedule. Games start sometime in December and are done the first part of February. Both teams also participate in league playoffs towards the end of February. Squirts/10U host a home tournament and normally participate in 2 other tournament each season. Squirts/10U can expect to play 25 games per season. Practices are usually 2-3 times per week.

**PEEWEEES/GIRLS 12U** are normally 11-13years old. At this level parents can expect a more competitive environment for their kids. A full league schedule through DAHA, 2 away tournaments and a home tournament are normal for this age group. They practice 4 times a week along with a league game. They play around 30 games per season. Practices and game times are usually 8:00PM or later, and are more focused and intense

**BANTAMS** are the last level in the youth association. They are usually 14 and 15 year olds. Generally, Bantams are on the ice 6 times a week. Bantams host a home tournament and can attend 3 away tournaments each season. They start on ice in October. Bantams can expect to play 35 games per season. Post season games start the end of February.

The Player Development Committee sets out a practice/game ratio schedule as recommended by MINNESOTA HOCKEY that coaches will adhere to. It is used as a guideline to insure proper development of our youth. Amount of games at each level is set forth by the committee and is used as a guideline by all coaches. The Director of Coaching and Player Development has the final say if a team is in excess of allotted games.

### **MISSING PRACTICE**

Coaches usually have policies regarding missing practices that will be explained to you at the start of each season. The higher the level of play, the more important it is to attend the most possible practices. In general, if coaches are notified that your child is sick or cannot attend for any other reason before hand, that absence is excused. Unexcused or excessive absence can result in less game time for that player. Please notify the coach if your child will be unable to attend practice or a game.

### **SPLITTING TEAMS**

We should strive to have teams with equal ability at the Squirt level and younger. If we have enough players for more than 1 team at any younger level, these teams will be selected by “drafting” by the coaches of these teams after one or more “rate skate” session.

PeeWee/12U and Bantam teams are generally divided based on tryouts. The selection of players should be done by the coaching staff of the teams being tried out for, assisted by the Director of Coaching and Player Development and a representative from an outside association. An Officer of the association should participate as an observer. If at all possible, no parents of the players trying out should be involved in the selection process.

### **TEAM CLASSIFICATIONS**

Team classifications will be determined by the Player Development Committee and the coaches based on the skill level of players available at each level. In general most teams will be playing at a B1 level, however the decision can be made to play at an A level or B2 level if the skill level of a particular team is above or below the B1 level.

### **BORROWING PLAYERS**

When players are registered they are placed on a roster of a specific team. Once these rosters are set, any player playing for another team may cause both teams to forfeit their eligibility for district playoffs. This has lead to the following policy: **PLAYERS ARE NOT ALLOWED TO PLAY FOR ANOTHER TEAM, EVEN IF THE OTHER TEAM IS SHORT OF PLAYERS.**

The exception is that a goaltender from one team may play for another (if available) **IF** the receiving team is absolutely unable to find a willing goalie for a game.

### **MOVE UP POLICY**

**STATEMENT OF PHILOSOPHY:** Players should only play at a “higher” level if this is in the best interest of the player and the hockey association of a whole. The success of most teams is significantly affected by the loss of skilled players, which can lessen the enjoyment of the season by that team. Players who do not possess excellent skill levels in all areas and/or players who lack respect, manners, or the like should stay at their age level to improve those skills and attitudes and to help their age level team succeed.

**CONVENIENCE ALONE IS NOT AN ACCEPTABLE REASON TO MOVE PLAYERS UP.**

#### **Procedure to Approve the Placement of a Player on a Team of a Higher Age Level:**

- 1) The parent(s) of the player wishing to move up should state their request, in writing, to the Director of Coaching and Player Development. The request should include the reasons for wishing to move the player up.
- 2) After observing the player in practice and/or games, both the coach of the team the player would be leaving and the coach of the team the player would be moving up to will fill out a checklist and make their recommendations.
- 3) If both coaches and the Player Development Committee agree that the player should be moved up, the request will be forwarded to the MLAHA Board of Directors. The Board will review the parent’s request and the checklist of the coaches and will vote on whether or not to approve the move.
- 4) If the Board approves the move, the Director of Coaching will contact the player. He will confirm that the player does want to move up to a higher level. If this is confirmed by the player, the Director will inform the player of when and where the next team activity that they should attend will take place.

\*NOTE: PARENT, SENDING COACH, RECEIVING COACH, PLAYER DEVELOPMENT COMMITTEE and BOARD PERMISSION are ALL REQUIRED in order to allow a player to join an older team.

## **CONDUCT & BEHAVIOR ON AND OFF THE ICE** **RULES/DISCIPLINE**

The MLAHA Board of Directors has established a committee specifically designed to set forth a policy on conduct/behavior and disciplinary actions to be taken as a result of inappropriate behavior and conduct. The committee has set forth the following policy on this matter:

### **PARENT'S CODE OF CONDUCT AND RESPONSIBILITIES**

Parents are the heart and soul of our program and parental involvement is vital to the players, the coaches, the arena, and the community. We offer the following in the spirit of good community:

**A. Parents must:**

- a. Ensure players are on time to practices/games. Ice time is valuable.
- b. Remember and appreciate that our program depends on volunteers, at all levels. All parents must volunteer to run concessions, run the clock, man the penalty box, etc.
- c. Promptly report any unlawful behavior by the players to the coach.
- d. Remember that youth are involved in organized sports for their enjoyment, not yours.
- e. Encourage players to abide by the rules of the game.
- f. Teach children that an honest effort is as important as winning.
- g. Try to turn defeat into victory by helping your child work towards skill development and sportsmanship.
- h. Recognize the value and importance of our volunteer coaches.
- i. If your child has the last practice at night, someone must be there to pick up the child no later than 15 minutes after the practice ends.
- j. **Ensure all Jerseys and Equipment is turned in at the end of the season.**

**B. Parents should not:**

- a. Confront a coach during a game or publicly after the game.
- b. Publicly question a game official's judgment or honesty
- c. Ridicule or criticize a player on either team
- d. Condone physical or verbal abuse of players.
- e. Conduct themselves in a manner so as to embarrass Moose Lake or Moose Lake Amateur Hockey
- f. Be in the locker room during or after a game (unless specifically invited by the coach)

- C. If any parent/guardian is verbally or physically abusive to a coach, game official, or player, their child may be suspended from the program or other action may be taken. The decision will be made by MLAHA Discipline Committee after reviewing the situation. Other lesser actions may also be implemented by the Discipline Committee.

### **WHAT DO I DO IF I HAVE A CONFLICT WITH A COACH?**

We all go through it at some time or another; conflicts are a normal part of life and it is no different in the MLAHA. The Board asks that you take these steps in trying to resolve your conflict. First of all, give yourself 24 hours to cool off. It is known that some conflicts are the result of the "Heat of the Moment" and may not need further attention. If 24 hours has passed and you still feel you are not happy with the situation or feel that it is something that needs to be dealt with, we ask that you approach the coach and set up a time to talk to try to resolve the problem. If, after talking to the coach, you feel that your issue is not yet resolved we ask that you talk to your Team Rep. and they will arrange a second meeting with you, the coach, the Team Rep, and the Director of Coaching and Player Development. If the issue is not resolved at this time, the Team Rep will bring the issue to the Board to resolve. **The Board will not address an issue unless the proper procedures have been followed. Please make sure you follow the chain of command before bringing your issue to the Board.**

## **PLAYER'S CODE OF CONDUCT AND RESPONSIBILITIES**

- A. Realizing that they are representatives of Moose Lake Amateur Hockey, all players will conduct themselves in a manner so as not to embarrass our communities. **All players will:**
- a. Follow Minnesota Hockey rules and guidelines
  - b. Follow MLAHA's Handbook
  - c. Learn the rules/regulations of the game
  - d. Respect other players, coaches and officials
  - e. Be a team player by working as hard for the team as you work for yourself. Your team will benefit and so will you
  - f. Recognize that coaches are the primary source of instruction
  - g. Be prompt for all practices and games. If a player is habitually late, the coach may discipline the player as appropriate
  - h. Be properly equipped

## **RIVERSIDE ARENA RULES AND REGULATIONS FOR MEMBERS OF MLAHA**

### **ZERO TOLERANCE POLICY**

Parents & Spectators:

The game will be stopped by On-Ice officials when parents/spectators displaying inappropriate and/or disruptive behavior interfere with other spectators or the game. The officials will identify violators to the coaches for the purpose of removing the offending spectators from the viewing and game area. On-Ice officials may instruct the timekeeper to run the clock until offending spectators have left the area. Once removed, play will resume. Lost time will not be replaced and violators may be subject to further disciplinary action by local authorities and the local governing body.

Prohibited conduct includes:

- Use of obscene or vulgar language in a boisterous manner to anyone at any time.
- Taunting of players, coaches, officials, or other spectators by means of baiting, ridiculing, threat of physical violence or physical violence
- Throwing of any object in the spectator viewing area, players bench, penalty box, or on the ice surface, directed in any manner as to create a safety hazard.
- Fighting or Endangering Others:
- Inappropriate Behavior: will be dealt with on an individual basis after notification of parents.

Penalties can include, public service time, suspension from the facility, or other action as the discipline committee determines is appropriate for the violation. Failure to comply with the penalty will result in further disciplinary action up to and including the suspension of the player from the association.

All best efforts will be made to notify parents within the first 24 hrs. after the offense. Parents and committee members will be responsible for choosing the best action to be taken. Disciplinary actions should be served within 1 week of the offense. As a committee, we feel that the consequence for the offense should be one in which the player would best learn. This may be different for each player. Parents please discuss these rules with your child and help them understand the importance of following the arena rules.

- During practices and games the disciplinary actions will be the responsibility of the coaching staff. We feel that during this time the coach should have full authority in deciding what disciplinary action would best benefit the player.
- If you have a conflict with a coach pertaining to this matter, please refer to the section "What do I do if I have a conflict with a coach?"

### **Public Open Skating Rules and Regulations**

Open Skating is available for those persons wanting to take advantage of open ice time.

- RESPECT REQUIRED: All Skaters, Parents and Rink Staff
- NO NON-SKATING LOITERING WILL BE ALLOWED with the exception of parents
- CHILDREN/STUDENTS LOITERING WILL BE ASKED TO LEAVE
- FOOD, CANDY, AND DRINKS MUST BE CONSUMED IN THE LOBBY AREA ONLY
- YOU MUST SKATE IN A CLOCKWISE DIRECTION OR AS DIRECTED BY THE RINK MONITOR
- NO FOUL LANGUAGE

- NO HORSE PLAY OR ACTING IN AN UNSAFE MANNER ENDANGERING OTHERS
- LEAVE THE ICE QUICKLY AND SAFELY WHEN TOLD TO DO SO BY ANYONE IN CHARGE
- HELMETS ARE REQUIRED ON ALL OUTSIDE HOCKEY RINKS
- NO STICKS, BALLS, OR PUCKS ALLOWED ON INDOOR OR PLEASURE RINKS

### **Consequences for Violations**

**Fighting or Endangering others**- 2 week suspension from Arena facilities and grounds

**Inappropriate Behavior**- 1 week suspension

- Foul language
- Disruptive behavior
- Disrespect of others
- Not following directions

**Vandalism of ANY kind-AUTHORITIES WILL BE NOTIFIED**

### **GENERAL CLEANING**

MLAHA leases the arena from October through March and it is our job to keep the facilities clean. If you are at the rink and notice something that needs cleaned or repaired let arena staff know. Please take it upon yourself to pick up, clean up, and tidy up at anytime. We want to keep the nice for our kids, visiting teams, and you.

### **RETURNING JERSEYS AND EQUIPMENT**

At the end of the season you will be notified as to when and where you should return your jerseys and rented equipment. It is very important that these items are returned and you will be charged if they are not. We want to continue making this sport affordable to all who want to play and by returning equipment you also help make that happen.

### **GETTING THE MOST OUT OF THE HOCKEY EXPERIENCE**

- 1) **TAKE ADVANTAGE OF OPEN SKATE, INCLUDING SHIMMEYHOCKEY, OPEN HOCKEY, AND PLEASURE RINK SKATING.** The city has set aside open skate hour on Wednesdays and Sundays 7-9PM. We encourage all members to come and skate for fun. Open skate times are FREE and they are open to everyone. There is no hockey equipment allowed on the indoor rink during these times. This is a wonderful time for new skaters to get out and work on their skills. The more they skate, the better they get. The outdoor rinks are usually open at these times for pick up hockey and practicing shooting. Anyone on the outdoor rinks **MUST BE IN FULL EQUIPMENT.** This can also be a good experience but be aware that these are not usually supervised and kids of all ages may be out skating. Best Advice: If you do not know who is going to be there and you have a younger child this may not be an appropriate time for them to be on outdoor ice. Also, younger children should not be left alone at the rink and picked up later. There are too many kids to keep track of for any one skate monitor. Parents will often take turns supervising each others kids during open skate time. Open Hockey on the indoor rinks will be announced as the ice schedule permits.
- 2) **SLEEP AND NUTRITION (ESPECIALLY AS THEY GET OLDER)**  
As kids get older it is important to make sure they are re-fueling properly. Kids will use more energy and should take in more fluids to replenish their bodies. All kids should refrain from carbonated beverages (especially pop) during practices and games. Help prepare their bodies before a game by encouraging them to drink fluids and eat at least 2hrs. before a game. Players eating right before a game may wish they hadn't and those not taking enough fluids may experience cramping and weak legs. Hockey is no different than other sports in that you need to be wise about what you allow your child to eat before games. As the kids get older coaches may be stricter on what they request the players eat, or more likely, don't eat. Fast food is not on their list of favorites. Sleep is also a very important factor in practice/game performance. Every parent knows that each child is different. If you know that your child needs more sleep to function, then help them get in a routine to assure they get it. We understand that sometimes there is not a choice because of game time or other functions going on, but try to stress to your child the importance of a good nights sleep.
- 3) **SUCCESS IN SCHOOL BREEDS SUCCESS ON THE ICE**  
It is a proven fact that kids who try hard and do well in school tend to do well on the ice. The MLAHA recognizes those kids who take academics as serious as their commitment to hockey. At the end of the year banquet, players who maintain a B average during the school year will be given an award for their hard work in the classroom. The importance of good grades is very real because once they leave the youth program and start H.S. it is mandatory to have at least passing grades to be eligible for H.S. play. Stress the importance of this to your child so they can prepare when it comes time to move on.

- 4) **BECOME INVOLVED** Getting involved is difficult at first as people are often apprehensive about learning new things and meeting new people. Spend time at the rink watching your kids practice, watching your kids play games, watching H.S. games with your child and cheering for the REBELS. You WILL get to know more about the game of hockey and get to meet new people and make lasting friendships. There are many simple and easy jobs you can do that will help out the association and take only a little time such as call person, penalty box, scorekeeper, etc. All help is greatly appreciated by the entire association. Remember hockey is not only a **GREAT** sport it is also **FUN!**
- 5) **PROPER EQUIPMENT:** Every player should be sure that they are wearing equipment that fits them properly. Skates that are too small will have kids in pain in minutes. Skates that are too big will cause blisters. Helmet's too big might fall off or hinder the player's ability to see. Breezers too small will limit movement; whereas those too big may fall down preventing skating. Proper sizing of equipment at the young levels is the most important, but as players reach PeeWee and Bantam levels the quality of equipment becomes the main issue. Once players start checking parents will want to make sure that the equipment protects their child, as the game gets more physical. Wherever you purchase the equipment be sure to ask questions as to how well the equipment will protect your player. At higher levels cheapest is not always the best, but there are stores that carry good 2<sup>nd</sup> hand equipment at an affordable price.
- 6) **TAKE ADVANTAGE OF CAR-POOLING AND TEAM EVENTS** Our lives are all busy and it is sometimes hard to get our players from point A to point B. Get to know the parents on your team and be resourceful. Set up car pools with other parents on your child's team. This gives each parent more time and enables the kids to make more practices and games. After games and during tournaments, take sometime to stop for a meal with the rest of the team or host a Pizza Party at your home. Spending "off ice" time with the rest of the team and other parents is a great way to build friendships and team spirit. This creates a sense of "TEAM" and builds trust between players.
- 7) **BE A RESPONSIBLE PARENT-** Make sure that you, as a parent, do everything possible to assure your player gets to their scheduled practices and games. The team depends on each player and when skills are taught at a practice that a player misses, they will be lost at the next practice on that skill. Plays are worked on at higher levels and if a player is absent it may affect team play during games. If you have a younger child, make sure you help them get their skates tied if they are unable to do so. By the time kids are PeeWees they must be able to completely dress themselves, including tying their own skates. At the PeeWee and Bantam levels, parents are not allowed in the locker room unless invited to do so by a coach. We strongly encourage parents to watch their child's practice and to be punctual when picking up your child after practices. Coaches will not be expected to stay after practices to wait for late parents to show up. Be your child's personal cheerleader. Encourage all their efforts and improvements on the ice.

We at MLAHA want all parents to enjoy the sport of hockey. We will help any parent with conflicts that they may have and will answer any questions or concerns that you may have. These are just a few ways you, as parents, can learn to love the sport as so many of us already have. You may find better or more creative ways of doing things that will make your hockey experience a good one. Just remember that in your endeavors the most important thing to keep in mind is that we are all here for one reason: **THE KIDS!**



