



Town of Mamaroneck Recreation Department

740 West Boston Post Road, Mamaroneck, New York 10543

914-381-7865

recreationdept@townofmamaroneckny.org

House Hockey Program





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2017

Dear Parents,

On behalf of the Coaching Staff, we would like to welcome you to the 2017 - 2018 Town of Mamaroneck Youth Hockey Program. Our Coaching Staff realizes that by teaching children how to play properly, players will learn the game of hockey and the sport will be more enjoyable for everyone.

To accomplish these goals, the coaching staff has adopted a program to teach your child skating fundamentals and the basics of hockey according to their ability. Each player will receive both individual and group instruction, which they should find both challenging and stimulating. Major emphasis will be placed on turning a weakness into strength. Finally, each player will be encouraged to learn the concept of hockey as a team sport.

Like all youth sports, parental involvement is not only a benefit to your child, but to the community as a whole. If you feel you can volunteer for this program, please contact the Town of Mamaroneck Recreation Department. All volunteer coaches must be registered with USA Hockey at www.usahockeyregistration.com and Background screened with NY State Amateur Hockey Association at www.nysaha.com. Your time and skills are needed, please volunteer!

We are looking forward to this hockey season and hope you will enjoy our Youth Hockey Program.

Sincerely,

Vicky Laoutaris

Vicky Laoutaris
Recreation Supervisor

Tom Greason

Tom Greason
Youth Hockey Head Coach

The Town of Mamaroneck Recreation Department's Youth Hockey Program is part of USA Hockey and the following equipment is mandatory for anyone participating. A USA Ice Hockey approved helmet and full face guard (clear plastic or a cage), a colored mouth piece which must be attached to the face guard, ice hockey gloves, ice hockey elbow, shin and shoulder pads, ice hockey pants, supporter and protective cup (boys), pelvic protector (girls), neck guard, ice hockey stick and skates, ice hockey socks to cover shin guards.

Please be advised that helmets, neck guards and colored mouthpieces (attached to the faceguard) **must** be worn at all times that the player is on the ice, on the bench or in the penalty box. If not worn, the player will be required to leave the area until the necessary equipment is in place.

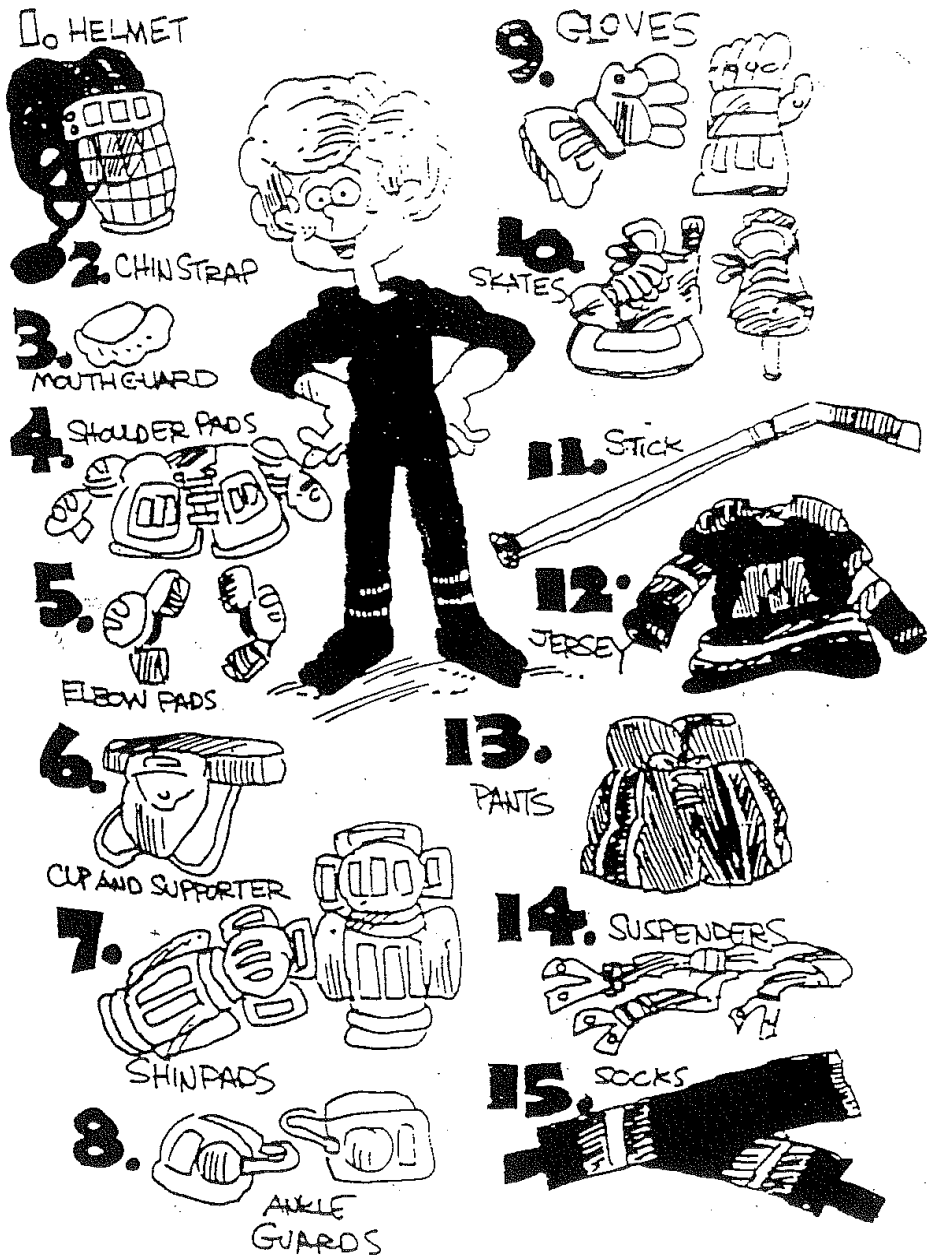
These requirements are to minimize the potential for serious injuries. Children love to jump over the boards and have no control of their skates. Skates are sharp and can easily slice through skin. The most common injury in ice hockey is a concussion. The helmet and mouthpiece are worn to minimize the possibility of sustaining a concussion.

GUIDELINES FOR SELECTION AND FITTING OF EQUIPMENT:

- 1) **Helmet, Face Mask and Colored Mouthpiece**
 - Obtain a helmet and mask that provides full facial protection.
 - Obtain a **colored mouthpiece that attaches to the face mask.**
- 2) **Chin Strap/Neck Guard**
 - Must be attached to the helmet and **NOT** be removed.
 - Available in a variety of sizes, obtain one that comfortably fits around the neck. The interior of the neck guard must **NOT** be removed
- 3) **Mouth Guard**
 - Must be attached to helmet and should be colored not clear.
- 4) **Shoulder Pads**
 - The cap of the pad should cover the shoulder.
 - Straps under the arms should attach securely.
 - The front flap should come down far enough to cover the collar bone.
- 5) **Elbow Pads**
 - The straps should remain tight, providing a snug fit over the elbow. Some pads have adjustable straps, some have only elastic straps. When the straps become loose, the pad may slip off the elbow, leaving it unprotected.
- 6) **Athletic Supporter**
 - A cup and supporter (boys) or pelvic protector (girls) must be worn by all participants.
- 7) **Shin Pads**
 - The knee is a primary area of concern for protection. The pad should cover the knee when the leg is straight and when it is bent at the knee. Pads should bend just below the knee in order to conform to the bent leg.

- 8) **Ankle Guards**
 - Ankle guards are considered optional equipment. They are recommended particularly for defensemen. The protective part of the guard should cover the top five eyelets on the front of the skate and the inside and outside ankle bones.
- 9) **Gloves**
 - Gloves range in price from inexpensive to very expensive. They should have ample room for the fingers and thumb and must not be too snug in the wrist area. Be sure the cuff comes up far enough to adequately cover the wrist.
- 10) **Skates**
 - Skates are the hockey player's most important piece of equipment. Without properly fitted skates, the young hockey player is at a tremendous disadvantage.
 - Skates should be slightly smaller (approximately one half size than the normal shoe size). They should fit snugly with one pair of socks. Push the toes all the way to the front of the boot. At the heel area there should only be enough room for a pencil to fit between the heel and the back of the boot. When properly laced, players should not be able to lift their heels and their toes should be able to move. Rapidly growing players may outgrow more than one pair of skates in a season. Look for good buys or used skates, but make sure they fit properly.
- 11) **Stick**
 - When choosing a stick, the entire bottom portion of the blade should be on the ice when the player is in a hockey stance.
 - Stick length can be determined by placing the front, bottom edge of the stick between the skates. The top of the shaft should touch the player's face between the chin and the tip of the nose. It should touch closer to the nose if the player is wearing shoes not skates.
- 12) **Jersey**
 - A Jersey large enough to fit over shoulder pads should be worn to keep pad in place.
- 13) **Pants**
 - Pants are usually six sizes larger than the normal waist size. The top padded portion should cover the hips, lower ribs and kidneys. The legs should be an inch or two above the knees overlapping with the top of the shin guards. The area above the knee is often hit by the puck; therefore, make sure there is no gap between the pants and the shin guard. If a gap exists loosen the suspenders or the belt to lower the pants or obtain others that fit appropriately.
- 14) **Suspenders**
 - Are to be worn to keep pants and pads in their proper place.
- 15) **Socks**
 - Socks should be large enough to fit over shin pads.

EQUIPMENT SELECTION, FITTING AND CARE



CARE OF HOCKEY EQUIPMENT:

- 1) **Helmet**
 - Tighten every one of the screws
 - Wash the interior with soap and a damp cloth before the season starts and several times during the season.
 - Rust can be avoided by lightly coating the screws and snaps with Vaseline or liquid soap.

- 2) **Mouth Guard (must be attached to helmet)**
 - Rinse the mouthpiece thoroughly before and after each use.
 - Check to see that the mouthpiece is being used properly and not chewed or not used at all.

- 3) **Shoulder Pads**
 - Check the straps for wear.
 - Make sure the shoulder caps are securely attached.
 - The shoulder pads can be put in the washing machine on the gentle cycle, warm water with an extra rinse cycle.

- 4) **Elbow Pads**
 - Check the elbow area for cracks in the plastic.
 - Make sure padding is not ripped or torn.
 - The elbow pads can also be washed in the same manner as the shoulder pads.

- 5) **Gloves**
 - Oil the leather, especially the palms.
 - If the palms are worn and have holes, new palms are necessary.

- 6) **Shin Pads**
 - Check the knee and shin area for cracks.
 - Make sure padding is not ripped or torn.
 - Can also be washed.

- 7) **Pants**
 - Be sure all of the buttons for attaching suspenders are in place.
 - Make sure all padding is in place.
 - Patch any rips in the material.

- 8) **Skates**
 - Polish the leather.
 - Dry blades after every use.
 - Check for loose rivets on the bottom of the boot.
 - Check the laces for wear.

9) **Stick**

- The blade should be taped at all times.
- Check the blade for looseness, if a two part stick.
- If the blade is loose, you can fix it by using a heat gun to remove the blade from the shaft and add a good amount of hot glue to either the blade or into the shaft.
- Reset the blade into the shaft.
- If too tight apply heat and slide the blade into the shaft.
- There must be a butt end in place on the top of the stick shaft.

10) **General Care**

- All equipment should be taken out of the hockey bag when the player arrives home. This will speed the drying process and increase the life of the equipment.
- Use Fabreeze or Bounce to try to mitigate the smell.

If you need help with equipment, either in type or sizing or are uncertain about anything, please do not hesitate to ask the Coordinator or any of the Coaching Staff.

Due to the possibility of germ transmission between players, the Town of Mamaroneck Recreation Department will not provide water bottles. It will be the responsibility of the parents or guardians to provide water, Gatorade or other drinks for their children. The player's name on white tape should be on the water bottle.

Based on experience, our Coaching Staff strongly suggests that the following be purchased before the start of the season:

- 2 extra mouthpieces
- skate hook (for tightening laces)
- skate stone (for taking nicks out of the blade)
- a small towel to wipe off the blades
- 1 extra pair of skate laces and
- 4 rolls of tape for sticks and shin guards

For older players, if they have short cuffs on their gloves, parents should consider buying wristbands with protective plastic inserts.

For your convenience, mouthpieces, skate hooks, tape and laces are available at the concessions stand.

PARENTS AWARENESS ACKNOWLEDGEMENT

PARENTS' CODE OF CONDUCT:

- Do not force your children to participate in sports, but support their desire to play their chosen sport. Children are involved in organized sports for their enjoyment. Make it fun!
- Encourage your child to play by the rules. Remember, children learn best by example, so applaud the good plays of both teams.
- Do not embarrass your child by yelling at players, coaches or officials. Your child will benefit by you showing a positive attitude toward the game and all of its participants,.
- Emphasize skill development and practices and how they benefit your young athlete. De-emphasis games and competition in the younger age level.
- Know and study the rules of hockey and support the officials on and off the ice. This approach will help in the development and support of the game. Any criticism of the officials only hurts the game.
- Applaud a good effort in both victory and defeat and enforce the positive points of the game. Never yell or physically abuse your child after a game or practice. It is destructive. Work toward removing physical and verbal abuse in youth sports.
- Recognize the importance of volunteer coaches. They are important to the development of your child and the sport. Communicate with them and support them.
- If you enjoy the game, learn all you can and dedicate time as a volunteer.

SPECTATORS' CODE OF CONDUCT:

- Display good sportsmanship. Always respect players, coaches and officials.
- Act appropriately; do not taunt or disturb other fans. Enjoy the game together.
- Cheer good plays of all participants, avoid booing opponents.
- Cheer in a positive manner and encourage fair play; profanity and objectionable cheers or gestures are offensive.
- Help provide a safe and fun environment; throwing objects on the ice surface can cause injury to players and officials and lead to ejection from the Rink.
- Do not lean over or pound on the glass; the glass surrounding the ice surface is part of the playing area.
- Support the referees and coaches by trusting their judgment and integrity.
- Be responsible for your own safety and remain alert to help prevent accidents.
- Respect locker rooms as private areas for players, coaches and officials.
- Be supportive after the game, win or lose. Recognize good effort, teamwork and sportsmanship.

USA HOCKEY - ZERO TOLERANCE POLICY:

In an effort to make ice hockey a more desirable and rewarding experience for all participants, the USA Hockey Youth, Junior and Senior Councils have instructed the Officiating Program to adhere to certain points of emphasis relating to sportsmanship. This campaign is designed to require all players, coaches, officials and educational administrators and parents/spectators to maintain a sportsmanlike and educational atmosphere before, during and after all USA Hockey-sanctioned events.

PROGRAM INFORMATION & REMINDERS

It is our goal to provide your child with the opportunity to learn and enjoy the game of ice hockey.

Volunteer support is required this season both on and off the ice to insure program success. All on ice volunteers **must** wear a USA Hockey approved helmet and be registered with USA Hockey. Parents who are interested in being a volunteer coach must be registered with USA Hockey at www.usahockey.com and Background Screened with NY State Amateur Hockey Association at www.nysaha.com and complete the SafeSport Training. Please let us know your interest and availability this season by calling the Recreation Department at 381-7865. Proof of registration, completion of Background Screening and Safesport Training is required prior to volunteering.

Development of young players along with teaching the fundamentals of skating and hockey are the main goals of our recreational hockey program.

1. All practices and games are listed in this schedule. Please refer to it often.
2. No players will be allowed on the ice unless registered through the Recreation Department.
3. No player will be allowed on the ice without the mandatory equipment including a mouth guard.
4. Please label all of your child's hockey equipment in case it is left at the rink. This will facilitate us returning the item to you.
5. All players are to report 15 minutes before their scheduled session. All goalies are to report 30 minutes early to obtain the equipment and dress. This will insure adequate time for lacing skates with no loss of "ice time".
6. Players are **NOT** allowed on the ice while the Zamboni is resurfacing and the Zamboni doors are open or without the presence of a coach.
7. Players are **NOT** allowed in the locker room without a parent or coach present.
8. The instruction staff may move your child into the proper group which will best suit his/her ability and skill level. In the interim please report as listed on the schedule.
9. Please write the name you would like the coaches to call your child on a piece of white tape on the front of their helmet.
10. All players will receive a hockey jersey.
11. USA Hockey Required Form for Coach Volunteers and Players:
 1. Register with USA Hockey at www.usahockeyregistration.com
(Coaches Only: Background screened with NY State Amateur Hockey Association at www.nysaha.com and complete Safe Sport Training)
 2. The Consent to Treat and Code of Conduct forms are no longer required.

USA Hockey registration receipt must be submitted to the Recreation Department within 48hrs of registering for the Hockey program. Email receipt to recreationdept@townofmamaroneckny.org.

GROUP LEVEL DESCRIPTIONS

Group A (Advanced) - Will be high tempo skating and hockey skills. Players must be proficient in skating, hockey skills and knowledge.

Saturdays 9:50 to 10:45 A.M.
Tuesdays Select Tuesdays – See dates listed below

Group B (Intermediate) - Will focus on skating & hockey positioning and strategy. Players should be able to skate and have some hockey skills/knowledge.

Saturdays 10:50 to 11:45 A.M.
Tuesdays Select Tuesdays – See dates listed below

Group C (Beginner) - Will concentrate on learning power skating techniques. Players that have never played hockey and have little to no skating experience.

Saturdays 11:50 to 12:45 P.M.
Tuesdays Select Tuesdays - See dates listed below

Note: All group placements that do not meet the skills groupings will be made at the sole discretion of the program coordinator. Please enroll your child in the appropriate group as outlined above.



HOCKEY PROGRAM SCHEDULE

NOVEMBER 2017

<u>DATE</u>	<u>DAY</u>	<u>GROUP</u>	<u>TIME</u>
November 11	Saturday	Group A Group B Group C	9:50 to 10:45 A.M. 10:50 to 11:45 A.M. 11:50 to 12:45 P.M.
November 14	Tuesday	Group A Group B	5:30 to 6:25 P.M. 6:30 to 7:25 P.M.
November 18	Saturday	Group A Group B Group C	9:50 to 10:45 A.M. 10:50 to 11:45 A.M. 11:50 to 12:45 P.M.
November 21	Tuesday	Group C Group A	5:30 to 6:25 P.M. 6:30 to 7:25 P.M.
November 25	Saturday	NO PROGRAM	
November 28	Tuesday	Group B Group C	5:30 to 6:25 P.M. 6:30 to 7: 25 P.M.

DECEMBER 2017

<u>DATE</u>	<u>DAY</u>	<u>GROUP</u>	<u>TIME</u>
December 2	Saturday	Group A Group B Group C	9:50 to 10:45 A.M. 10:50 to 11:45 A.M. 11:50 to 12:45 P.M.
December 5	Tuesday	Group A Group B	5:30 to 6:25 P.M. 6:30 to 7: 25 P.M.
December 9	Saturday	Group A Group B Group C	9:50 to 10:45 A.M. 10:50 to 11:45 A.M. 11:50 to 12:45 P.M.
December 12	Tuesday	NO PROGRAM	

DECEMBER 2017 (CONTINUED)

<u>DATE</u>	<u>DAY</u>	<u>GROUP</u>	<u>TIME</u>
December 16	Saturday	Group A Group B Group C	9:50 to 10:45 A.M. 10:50 to 11:45 A.M. 11:50 to 12:45 P.M.
December 19	Tuesday	Group C Group A	5:30 to 6:25 P.M. 6:30 to 7: 25 P.M.
December 23	Saturday	NO PROGRAM	
December 26	Tuesday	NO PROGRAM	
December 30	Saturday	NO PROGRAM	

JANUARY 2018

<u>DATE</u>	<u>DAY</u>	<u>GROUP</u>	<u>TIME</u>
January 2	Tuesday	Group B Group C	5:30 to 6:25 P.M. 6:30 to 7: 25 P.M.
January 6	Saturday	Group A Group B Group C	9:50 to 10:45 A.M. 10:50 to 11:45 A.M. 11:50 to 12:45 P.M.
January 9	Tuesday	Group A Group B	5:30 to 6:25 P.M. 6:30 to 7: 25 P.M.
January 13	Saturday	Group A Group B Group C	9:50 to 10:45 A.M. 10:50 to 11:45 A.M. 11:50 to 12:45 P.M.
January 16	Tuesday	Group C Group A	5:30 to 6:25 P.M. 6:30 to 7: 25 P.M.
January 20	Saturday	Group A Group B Group C	9:50 to 10:45 A.M. 10:50 to 11:45 A.M. 11:50 to 12:45 P.M.
January 23	Tuesday	Group B Group C	5:30 to 6:25 P.M. 6:30 to 7: 25 P.M.

JANUARY 2018 (CONTINUED)

<u>DATE</u>	<u>DAY</u>	<u>GROUP</u>	<u>TIME</u>
January 27	Saturday	Group A Group B Group C	9:50 to 10:45 A.M. 10:50 to 11:45 A.M. 11:50 to 12:45 P.M.
January 30	Tuesday	Group A Group B	5:30 to 6:25 P.M. 6:30 to 7: 25 P.M.

FEBRUARY 2018

<u>DATE</u>	<u>DAY</u>	<u>GROUP</u>	<u>TIME</u>
February 3	Saturday	Group A Group B Group C	9:50 to 10:45 A.M. 10:50 to 11:45 A.M. 11:50 to 12:45 P.M.
February 6	Tuesday	Group C Group A	5:30 to 6:25 P.M. 6:30 to 7: 25 P.M.
February 10	Saturday	Group A Group B Group C	9:50 to 10:45 A.M. 10:50 to 11:45 A.M. 11:50 to 12:45 P.M.
February 13	Tuesday	Group B Group C	5:30 to 6:25 P.M. 6:30 to 7: 25 P.M.
February 17	Saturday	NO PROGRAM	
February 20	Tuesday	NO PROGRAM	
February 24	Saturday	NO PROGRAM	
February 27	Tuesday	Group A Group B	5:30 to 6:25 P.M. 6:30 to 7: 25 P.M.

MARCH 2018

<u>DATE</u>	<u>DAY</u>	<u>GROUP</u>	<u>TIME</u>
March 3	Saturday	Group A Group B Group C	9:50 to 10:45 A.M. 10:50 to 11:45 A.M. 11:50 to 12:45 P.M.
March 6	Tuesday	Group C Group A	5:30 to 6:25 P.M. 6:30 to 7: 25 P.M.
March 10	Saturday	Group A Group B Group C	9:50 to 10:45 A.M. 10:50 to 11:45 A.M. 11:50 to 12:45 P.M.
March 13	Tuesday	Group B Group C	5:30 to 6:25 P.M. 6:30 to 7: 25 P.M.
March 17	Saturday	Group A Group B Group C	9:50 to 10:45 A.M. 10:50 to 11:45 A.M. 11:50 to 12:45 P.M.

Makeups: If needed we will use Tuesday, March 20 and Saturday, March 24.

SPRING HOCKEY CLINIC

BEGINS SATURDAY, APRIL 14th

Register Early, Space Is Limited.

Registration begins March 5th, 2018