



# *Learn to Play Hockey*



*Sept 2010  
to  
March 2011*



## PROGRAMS

**MIGHTY MITE** (Ages 4-7)

**MINI MITE** (Ages 5-8)

**BE A PLAYER** (Ages 9-12)

In cooperation with



2810 Hannah Blvd. • East Lansing, MI 48823

Phone: 517.336.4272 • Fax: 517.336.4273

[www.suburbanice.com](http://www.suburbanice.com)



Operated by Suburban Sports Group

# SUBURBAN *FUNdamental* HOCKEY

## PROGRAM FEATURES

- Program runs from September through March (no skates during holiday breaks)
- Great schedule and excellent ice times all at one location
- Commitment to the development of skills, knowledge of the game and FUN!
- Players will play and be challenged at their competitive level
- No body checking
- Full equipment required
- Program serves as the initiation program for the Greater Lansing Amateur Hockey Association (GLAHA)
- Each player receives: jersey & hockey socks | year-end awards
- Sessions run by Suburban instructional staff with the help of parent volunteers
- Players and Coaches are responsible for USA Hockey membership



## COACHING EDUCATION PROGRAM

- Parents of participants encouraged to apply as coaches
- Applicants will be accepted on desire and commitment – no previous experience necessary
- Volunteer coaches will be trained with on and off-ice support of Suburban staff
- Coaches must have their own helmet, gloves, skates and stick
- Coaches Training Program will include:
  - coaching manual | practice plans
  - on-ice coaching seminars | Suburban apparel

## REGISTRATION & FEES

- Limited enrollment!
- Registration fee due at sign-up. \$35 fee for withdrawals prior to September 1. Registration fee is non-refundable after September 1. Remainder of dues paid in installments in October, November and January.
- Cash, Visa/Mastercard/American Express/Discover, or check/money order (made payable to Suburban Ice-East Lansing) accepted
- \$40 charge for NSF checks
- \$35 USA Hockey Registration (Please see the FAQ section on this flyer)



Program	Ages	Registration Fee	Installments		
			#1	#2	#3
MIGHTY MITE SESSION 1 (SEPT-DEC)	4-7	\$150.00	N/A	N/A	N/A
MIGHTY MITE SESSION 2 (JAN-MAR)	4-7	\$150.00	N/A	N/A	N/A
COMBO-SIGN UP FOR BOTH SESSIONS AND GET \$25 OFF OF 2ND SESSION.					
MINI MITE	5-8	\$100.00	\$200.00	\$200.00	\$100.00
BE A PLAYER	9-12	\$150.00	\$150.00	N/A	N/A



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# the programs

## MIGHTY MITE (AGES 4-7)

- Recommended as a first step for beginning hockey players who have completed a Learn to Skate class and have a solid base of fundamental skating skills
- Session 1 - September-December | Session 2 - January-March  
Discount for players registering for both sessions
- One 1-hour skate each week on Sundays at 2:00 pm
- Emphasis on creating a fun, challenging environment for players to learn the beginning principles of skating in equipment, stickhandling and puck skills
- Skill stations and skillbuilding games as part of each session

## MINI MITE/MITE (AGES 5-8)

- Program serves as an introduction to "team" play with practice sessions and small-ice games
- Two 1-hour skates each week – one on Wednesday evenings at 5:30-6:30 pm and one on Sundays at 3:00 pm
- First five weeks of the program serve as a training camp to teach age-appropriate skills to players and as an on-ice training session for coaches
- At the end of training camp players are divided into equal teams and receive their team jerseys and hockey socks
- Teams will be grouped into lines based on skill and experience. Lines will be matched during all game situations to ensure that players are playing at their competitive level
- Weekly practice sessions focus on fundamental skating and puck skills using skill stations and small-ice games
- Weekend sessions consist of small-ice games in a fun, age-appropriate and competitive environment that maximizes ice time, increases puck possession time, stimulates creativity and enhances the fundamental skill development of each player

## BE A PLAYER (AGES 9-12)

- One 1-hour skate each week – Sundays 4 - 5:00 pm
- First five weeks of the program serve as a training camp to teach age-appropriate skills to players and as an on-ice training session for coaches
- At the end of training camp players are divided into equal teams and receive their team jerseys and hockey socks
- Teams will be grouped into lines based on skill and experience. Lines will be matched during all game situations to ensure that players are playing at their competitive level
- First half of each session focuses on developing fundamental skating and puck skills, the second half of each session consists of small-ice games
- Weekend games will be structured to maximize ice time, teach positioning, strategy and rules of the game, and to insure that each player has the opportunity to compete, improve and enjoy the game



## JUST THE FAQ'S – FREQUENTLY ASKED QUESTIONS:

**Q: Is the registration fee refundable if my child is not ready to play hockey or decides not to play?**

A: In order to properly plan and run a program, the registration fee is non-refundable after September 1. A \$35 fee will be assessed for withdrawals prior to September 1.

**Q: When does the hockey season start, and how long does it go?**

A: The Fall/Winter hockey season begins at the end of September and runs through the end of March.

**Q: What is the difference between the Mighty Mite and the Mini Mites?**

A: The Mighty Mite program skates only 1 time per week and therefore, the time and financial commitment is less. Players in the Mighty Mite program are grouped into different skill groups in order to be challenged. Small-ice games are incorporated at the end of each practice session.

The Mini Mite program skates 2 times per week and therefore, the time and financial commitment is greater. Players are placed on a team and small-ice games (cross-ice or half-ice) will be played during each weekend session.

**Q: If my player participates in the Fall/Winter program, will I have priority registration for this league the following year?**

A: Yes, returning players always have the first registration opportunity for the following season, and each year you will receive a returning player application that needs to be returned by the deadline to ensure your registration.

**Q: Where do we go from here?**

A: Suburban FUNdamental Hockey at Suburban Ice-East Lansing serves as the feeder program for the Greater Lansing Amateur Hockey Association and players can move to those programs (space permitting) when their skills and knowledge of the game have progressed to that level. Visit [glaha.org](http://glaha.org) for information.



**Q: How do I register my child with USA Hockey?**

A: Go to [usahockey.com](http://usahockey.com) and click on the register online box. Then click on the ice players section. Complete the steps including the payment process of \$35 to USA Hockey. Print off a registration confirmation slip and hand it to the program director on the first day.