

Parks &
Recreation

HOCKEY PARENT INFORMATION GUIDE



Winter 2018

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No Cost
Rental Equipment

Two Age Groups
4-8 and 9-17

Where do I start!!!?

HOCKEY MOM

Scholarships

Steelhead Games
Participation

Hockey Age

What age is your child?

Idaho Ice World has two Hockey Learn to Play age groups: 4-8 years old and 9-17 years old; 18 year olds and up will enter our adult program. As you can see below, USA Hockey splits up the ages even more, as they become competitive in games. Mites are under 8, Squirts are under 10, Peewees are under 12, Bantams are under 14, and Midgets under 18.

USA Hockey Age Classifications

Players will be placed in the division that coincides with their age in the chart below.
Only the Hockey Department can make an exception to this classification (restrictions apply).

AGE CLASSIFICATIONS 2018-2019 Season

DATE OF BIRTH	AGE CATEGORY	AGE DIVISION
2000	18 Years	18 & Under (Midget)
2001	17 Years	18 & Under (Midget)
2002	16 Years	16 & Under (Midget)
2003	15 Years	16 & Under (Midget)
2004	14 Years	14 & Under (Bantam)
2005	13 Years	14 & Under (Bantam)
2006	12 Years	12 & Under (Peewee)
2007	11 Years	12 & Under (Peewee)
2008	10 Years	10 & Under (Squirt)
2009	9 Years	10 & Under (Squirt)
2010	8 Years	8 & Under (Mite)
2011	7 Years	8 & Under (Mite)

No USAH Registration Fee
2012 and younger (6 & Under)

Learn to Play

When we start what level will my child be?

For our Learn to Play Program, there are two age groups for new Hockey Players. We have a 4-8 years old and 9-17 years old. At both age groups, there are four levels of Learn to Play Hockey skate instruction. If your child has never skated before, or is fairly new, he/she will start in our Hockey 1. The Hockey Coaches will help place your child in accordance with their skill level. Full gear is needed at every level, that we provide. After your child has passed Hockey 4, he/she will be ready to play in our in-house League. **Your child must pass Hockey Level 4 to be eligible for any in-house league.** Normally, there is a Fall and a Summer league. As your child progresses, there are travel teams, all girl teams, and High School Hockey.

Ages 4-8

Hockey 1

For children who want to learn the basic skills needed to play hockey. Learn to Play Hockey 1 will teach fundamentals of skating, as endorsed by USA Hockey. Professional Skating Coaches facilitate the class.

Hockey 2

For children who want to learn the basic skills needed to play hockey. Learn to Play Hockey 2 will teach fundamentals of skating as endorsed by USA Hockey. Staff Professional Skating Coaches facilitate the class. Skaters must pass Hockey 1 before this class.

Hockey 3

For children who want to learn the basic skills needed to play hockey. USA Hockey American Developmental Model (ADM) is introduced. This class is a prerequisite for the Hockey 4 program.

Hockey 4 or Mighty Mites

An instructional program with a professional atmosphere for boys and girls. New players must have basic skating skills, or have completed Hockey 3, or other Learn to Skate classes. USA Hockey American Developmental Model (ADM) is used during each practice. Children may play at intermissions during Idaho Steelhead home games. Your child must pass the Hockey 4 Class, before playing any in-house team games.

Ages 9-16

Hockey 1

For youth who want to learn the basic skills needed to play hockey. Learn to Play Hockey 1 will teach fundamentals of skating, as endorsed by USA Hockey. Professional Skating Coaches facilitate the class.

Hockey 2

For youth who want to learn the basic skills needed to play hockey. Learn to Play Hockey 2 will teach fundamentals of skating as endorsed by USA Hockey. Staff Professional Skating Coaches facilitate the class. Skaters must pass Hockey 1 before this class.

Hockey 3

For children who want to learn the basic skills needed to play hockey. USA Hockey American Developmental Model (ADM) is introduced. This class is a prerequisite for the Hockey 4 program.

Hockey 4

An instructional program with a professional atmosphere for boys and girls. New players must have basic skating skills, or have completed Hockey 3, or other Learn to Skate class. USA Hockey American Developmental Model (ADM) is used during each practice. Your child must pass the Hockey 4 Class, before playing any in house team games.



Instruction

How long are the classes?

Hockey 1 and Hockey 2 are each 25 minutes. Hockey 3 and 4 are 50 minutes of instruction. The classes run for 6 to 8 week sessions. Once your child has mastered the developmental skills, he/she will progress to the next group. The classes run throughout the year. If your child has mastered the skills in one level, he/she will be placed immediately into the next level.

Who are the coaches?

All Instruction is given by certified US Figure Skating Coaches or Certified USA Hockey Coaches.

Will my child like it?

Idaho IceWorld's goal is that your child will have so much fun, while making new friends and learning to skate, that they will love Hockey for years to come! According to USA Hockey children play sports for a variety of reasons. The reason children play sports are listed below in order of importance:

1. They have fun playing sports.
2. They enjoy the challenge of improving skills and learning new skills.
3. They like to be with their friends and meet new people.
4. They like being a member of a team.
5. They find it exciting to perform in front of people.
6. They like to win.
7. They see it as something to do that is good exercise.
8. They enjoy traveling and seeing new places.

Can I become a coach?

Parents who wish to coach, can get their USA Hockey coaching certification by taking a hockey coaching class, taking Safe-sport Training, and passing a USA Hockey background check. Just contact one of the IceWorld Hockey Coaches, and they will help you with this process. Classes are usually around the month of September each year.

I do not want to coach but I would love to volunteer. What do I need to do?

We love and need volunteers. Contact the Hockey coordinator, and he will approve requests. You will then have to go to the city website for volunteers and have your hours approved. Its easy process, so please come join us.



ADM

I keep hearing the coaches' talk about ADM. What is it?

American Developmental Model

What does ADM stand for?

ADM or the American Developmental Model was launched by USA Hockey in 2009, providing a detailed blueprint for the optimal athlete development.

By giving your child the ADM experience, you're positioning them for long-term success. It's proven programming, built on qualitative and quantitative research from leading hockey nations, sport scientists, coaches and educators. In 2015, USA Hockey granted right to the USOC to use the ADM name and logo as part of its effort to improve the well-being of future generations and help every American athlete reach their full potential.

- Age-specific, age-appropriate skill development.
- An opportunity to efficiently learn and refine essential skill without an over-emphasis on winning games at the younger age classifications.
- A sensible practice-to-game ratio that encourages efficient skill development..
- High-performance practice and game programming that emphasizes skill development.
- Structured training programs for coaches and qualified adult leadership.
- A philosophy that reduces burnout and disenchantment.

The ADM builds players well-suited for the highly skilled, creative, fast-paced game of today.

The ADM is *FUN*. USA Hockey believes in letting kids be kids. We believe that kids and their families should get the most out of hockey, without feeling undue performance or financial pressure. We believe in community-based youth hockey. We believe in keeping kids engaged, moving and smiling. We believe in creating great athletes, not just hockey players. The ADM encourages children to play multiple sports. Here at Idaho IceWorld our Mites play cross-ice with no score. Our Squirts play half ice.

Why must he/she pass Hockey 4 before playing games?

Idaho IceWorld instruction comes from USA Hockey American Developmental Model (ADM). Competition is at the heart of the ADM, but it emphasizes age, and developmentally appropriate forms of competition, i.e., two players competing for a loose puck, rather than an overemphasis on the final score of a 6U or 8U hockey game. With so many children learning to play now, we place our emphasis on fun and skills first. We wish to develop the skills first so when they do join our in-house programs they will continue to have fun for years to come.



Equipment & Rental

What about all the equipment? Will I have to buy it?

Another way we keep hockey affordable, is through our rental equipment program. Appointments must be made through the Hockey Department for rental gear. Idaho IceWorld rents the equipment out to you free of charge. Now if you do not return it, the City of Boise could end up sending you a bill. If your child does not like hockey, which does not happen often, just check the gear back in and the next child will use it. All you will need to buy to get started, is an approved hockey helmet with a cage, and a hockey stick. Skate rental comes free with your purchase of lessons in our Learn to Play Hockey Program. When your child completes Hockey 4 you will need to return your gear and at that time you will need your own.

What about Neck Guards?

Idaho IceWorld highly recommends neck guards for all hockey players, but they are not required. These lightweight pads, which fit around the neck, assist in lessening the chance of a skate blade cutting a player.

What about Mouth Guards?

Not required for Hockey Learn to Skate. But it is **required at all squirt age level league games and up**. Mouth guards help to prevent injuries to the mouth, teeth, and biting the tongue. Preliminary studies indicate that mouth guards also aid in the prevention of concussions.



EQUIPMENT CHECKLIST

ON-ICE

- Sticks (2)
- Skates
- Shin guards
- Garter belt and hockey socks
- Athletic cup and supporter
- Hockey Pants
- Elbow pads
- Shoulder pads
- Gloves
- Helmet with face mask
- Jersey

- Mouth guard
- Throat protector
- Underwear
- Tape (2 rolls)
- Water bottle

Always be prepared...
on and off the ice!

Helmet with face mask

Helmets approved by CSA and HECC are required at all times a player is on the ice.



Shoulder pads

Required during all on-ice workouts.



Elbow pads

Bring them and wear them always.



Hockey pants

including belt or suspenders



Gloves

Make sure they're comfortable and still fit properly.



Athletic cup and supporter

Don't leave home or step onto the ice without it.



Shin guards

Need to have them.



Garter belt and hockey socks

Either the old style belt and fasteners, or the newer velcro tabs attached to a snug fitting short with a built-in cup.



Skates

Very important. Make sure they fit correctly. Get them sharpened and throw in an extra pair of laces just in case you break one when you tighten them up. Bring a towel to dry off your blades after you get off the ice.



Hockey Sticks

Bring at least two sticks with you and write your name somewhere on the shaft. Cut the shaft of your stick so that it is "up to your mouth when standing on your tip toes" (as though you were on skates).



How does all that equipment fit on my child?

This is a great question. So many parents ask this, that USA Hockey has a video to help you out or our own in-house coach, [USA Hockey Coach Wil Smoke](#) you tube channel for videos.

There is so much gear. What do I buy?

Idaho IceWorld Pro Shop, the Cutting Edge Sports Pro Shop, has a few suggestions. Their qualified staff can help with all your needs. Cutting Edge Sports Pro Shop is the largest hockey and figure skating shop in the state of Idaho.

What Equipment do I need?

Lets talk about what you need!

Helmet

Helmets and face masks are mandatory in youth hockey. A proper fit ensures maximum protection. Look for the CSA certification label prior to purchase.

- Place a tape measure 1” (2.54 cm) above the eyebrows and measure the distance around the head.
- Select a helmet with the corresponding inches and corresponding level of play. Open your helmet to its largest setting.
- Position the helmet on the head so the rim is one finger width above the eyebrow. Gradually begin to downsize the helmet (if necessary) until a comfortable snug fit is achieved. Tighten and secure the helmet adjustment. The helmet must be snug enough to prevent rotation with the adjustment secure and the chin strap securely fastened at all times.
- An oversized helmet can lead to unnecessary injuries.
- Hockey face mask should match helmet model and size and must meet CSA Standards, and must be approved for use with the helmets to which they are attached.

Pants

Hockey pants provide your child with added protection against shots, sticks and falls. If the pants fit well, they will not affect your child's mobility on the ice.

- Measure the player's waist.
- From the sizing chart, select the hockey pants with the corresponding size for that model. Pants should reach the top of the player knees and extend up to cover the kidney and lower ribs. The molded polyethylene hip, kidney and tailbone pads and foam padding should cover critical areas.

Shin Pads

Covering the knee and shin area, these mainly plastic pads should extend from the bottom of the hockey pants to the top of the skate boot. Shin pads are identified in inch long increments. (“I need a pair of 14 inch pads.”)

- Shin guards are measured best while the player is sitting.
- Measure from the center of the kneecap to the top of the skate boot.
- Shin guards, which are either too long or too short, will result in the knee or instep being exposed and unprotected.
- Shin guards should be secured with shin guard straps or tape, never tight hockey stockings.

Hockey Socks

Hockey socks are used to cover the shin pads.

Stick

For kids in our L2Ph program we suggest a stick cut right under the chin, to make your budding star, bend his knees more. Two sticks should be readily accessible, in case of breakage during a practice or game.

(See section on Stick Length in this guide.)

Garter Belt & Cup

Sometimes the "cup" requires a separate garter belt. This belt provides a mechanism to keep hockey socks in place. Opt for the shorts with Velcro on the front and back as these wear better and are more comfortable for the player. It is recommended that boys wear a cup and girls should wear a pelvic protector.

Elbow Pads

These pads begin at the bottom of the shoulder pad on the players' arm and should extend to the top of the glove.

- Measure the length between the shoulder pad and the cuff of the glove.
- Match the player's measured size to the size of the elbow pads by inches. When fastened securely, there should be no gap between the pad and either the biceps extension of the shoulder pad or the cuff of the glove. Players who wear a short cuff style glove, should choose the longer model of elbow pad.

Shoulder Pads

These pads should have a combination of foam and plastic padding for a good fit.

- Measure the player's chest just below the armpits.
- Match the player's chest size to the shoulder pad that corresponds.
- Shoulder pads should fit snugly, while the tip of the shoulder should be under the shoulder pad caps. The bicep pads should not interfere with the player's elbow pads.

Gloves

Look for a good fit that allows your child to grip their stick. A layer of foam inside the glove and coverage to the middle of the forearm is suggested. Gloves are identified in inch long increments.

- With the player's arm bent, measure the distance between the fingertips and the elbow pad.
- Gloves should fit properly. Gloves that are too large will hinder your ability to properly feel the stick, and if too small, will jam your fingertips to the end of the glove.

Skates

Priorities should be on value and comfort. Skates should feel comfortable right out of the box. A common mistake is to buy skates a size or two bigger than they need to be, hoping that the child will get an extra year out of them.

- While sitting down, the skater should put the skate on and kick his heel back into the skate. The toes should barely touch the toe cap. Lacing the boot up, the heel should be continuously kicked back to ensure a tight fit.
- When finished lacing, get up and walk around. The foot should feel comfortable with the heel snug and resting on the foot bed. When fitting children, follow the above steps, allowing ½ size extra for growth.

Jersey or Sweater

Your player may need a practice jersey for team scrimmages and hockey camps.

Tape

Required for taping the handle and blade of the stick. Most players use tape for keeping their socks in place as well. Stick tape is usually cloth based while sock tape is more plastic like and will stretch.

Hockey Bag

Required for lugging all this gear back and forth from the house to the rink. Buy one with wheels. Consider it to be a gift to yourself. Put a name tag on it.

Goal Tenders

My child has played for a year, and now wants to try being a goaltender. It is possible not to have to order all the equipment?

Yes, Idaho IceWorld offers goalie equipment on a trial period from Mites to Pee wee ages. You just need to check out the equipment from one of our staff coaches.



Stick Length

How do I know what length of stick my child should have?

Most pro-shops will say somewhere between the tip of the nose and the chin when a child is in skates. When children are new to skating, shorter is better, as it helps them learn to bend their knees. With skates on; at the chin is a good fit.

Proper Fitting:

Based mostly on comfort and personal preference, the *proper hockey stick length* will be relative to the height of the player, their most common skating stance, and their position or style. It depends on how much the player bends over while skating! Off the rack, hockey stick sizes are categorized as Adult, Intermediate, and Junior. These categories not only apply to the length of the stick, but also the flexibility and circumference of the shaft, and the blade size. It is not beneficial for skill development to buy a hockey stick that is too big and then wait for the player to grow into it.

- In street shoes, stand up straight with your feet flat on the ground. The stick should reach between the chin and the upper lip of the player. Or just below the chin with skates on. This will help your child to learn to bend their knees as they develop their skills.
- Junior sticks (with no curve) should be used for younger players as these sticks have features which are more suitable for this age group.



Tying the Skates

What about skates?

Skate rental comes with the price of lessons.

There is an art to lacing hockey skates that is elusive to many hockey parents. With some simple tips, you can learn the art of lacing up hockey skates to provide comfort and stability to the hockey player in your family. Hockey skates are made to be stiff and supportive, but in order to get full support from the boot; you must lace them up properly. Each player will tie their skates just a little bit tighter or looser than the next guy, but generally you want to make sure that your skates are as tight as possible without cutting off circulation or causing pain to your feet. Thin socks in your skates will help prevent blisters.

Your ankles should be secured in the boots with minimal side-to-side wiggle room. The top of the boot should be laced up just loose enough to allow full forward flex in your ankles as you take strides, without being so loose as to sacrifice ankle support. There's a delicate balance between full support and full range of motion.

The goal is to achieve maximum boot support and comfort simultaneously. Everyone's feet and ankles are different shapes, sizes, and strengths, so everyone will lace up their skates just a little bit differently in order to find the right amount of support and comfort. Practice tying skates at home so your child has a better idea of what's comfortable!

- Start at the bottom of the hockey skate boot and begin to pull the laces snugly, but not too tight. Continue this process until you get closer to the top of the hockey skate boot.
- Change to a very snug lace technique at the fourth eyelet from the top of the boot. Pull the laces fairly tight and hold that tension while continuing to the top of the hockey skate boot.
- Tie the laces into a double bow to insure security when skating. Loose or unsecured laces can cause falls and injuries while on the ice.
- Pull hockey socks up above the knee, add shin guards and return the hockey socks to their original position.

TIP: It is a good idea to wear long thin socks in their skates so the upper part of the sock can prevent any skin rub from the shin pads. Do not tuck sweats or hockey socks inside of the skate boot.

I just bought a new pair of skates for my child is there anything else I should know?

Both figure and hockey skates need to be sharpened when they are first purchased. Then depending on usage the skates need periodical sharpening. This can be done at our Pro Shop, Cutting Edge Sports.

Concussions

With all the talk about concussions I'm very concerned. Should I be worried about my child receiving a head injury?

Idaho IceWorld has a great working relationship with St. Luke's Hospital. St. Luke's puts on classes for parents at different times of the year to educate everyone on concussions. The staff at IceWorld takes the safety of the players very seriously. If your player is seen taking a hit to the head or he/she complains of a hit to the head the player will be removed from the game or practice and the parents notified. If a player is removed from play that player will need to complete the concussion protocol program and not be allowed to return until cleared by a doctor.

Registration

How do I get started?

1. The first thing is to get registered with USA Hockey. Read about the USA Hockey benefits at www.usahockeyregistration.com Registrations expire the end of August each year.
2. Apply for a scholarship with city of Boise. (Optional See Below)
3. Register with Idaho IceWorld in one of three ways:
 - ◆ Online at www.idahoiceworld.com
 - ◆ Over the phone 208-608-7716
 - ◆ In person at the Information Desk
Hours are M-F 9a-7p. and Sat. 10a-4p
4. Ensure your child has the required proper equipment or make an appointment with us for a rental equipment fitting.
5. Pick one of the two age groups. 4-8 or 9-17.
6. Sign up for Hockey 1, 2, 3, or 4. Most will start at Hockey 1 but we can access on case by case.
7. Register your child at Idaho IceWorld. Let our Professional Coaching Staff teach them how to have fun and play hockey.

Scholarships

Do I qualify for a scholarship?

The City of Boise offers the Kristin Armstrong Youth Scholarship through the Parks and Recreation Department. Scholarships are available for the youth in our community who experience hardship. Please review the application for scholarship requirements at City of Boise Parks and Recreation Department. :



Fundraising

Are there fund raisers that my family can participate in?

Idaho Steelheads Ticket Fundraiser

1. How does the program work?

Parents and kids sell Idaho Steelheads Tickets to the general public, businesses, family and friends for \$15.00 with \$5 going back to your club or organization. Once all the coupons are sold, you can turn the packets into Club offices or the Club Idaho Steelheads offices. You can get more packets at either location and continue selling through the program dates. All coupons are the participant's responsibility and must be turned in regardless of if they are sold or not. This program was developed to help families offset some of the expenses that are involved in playing youth sports.

2. How much do you make per ticket?

For each coupon that you sell, the purchaser will save \$4.00 from the normal door price (\$15.00 versus \$19.00 at the door). The participant will raise \$5.00 for each coupon sold for their own use at Idaho IceWorld. This money can be used to offset expenses; including players' registration fees or equipment. The participant may also earn prizes depending on how many tickets are sold.

3. Where are the seats located and can they be upgraded to different sections?

The seats are located in the P4 upper and lower bowl and can be upgraded to better lower bowl tickets for a small fee when exchanging their coupon at the door. The people who decide they would like to upgrade their seats to the lower bowl are still saving money by purchasing in advance because the coupons are purchased for a lower price than the tickets at the door. Fans will simply pay the difference between the P4 scale ticket they have purchased and the other scaled tickets.

4. What incentives do the kids have to sell?

Not only do you earn \$5.00 per ticket sold (See question #2), but you can also redeem prizes. All the prizes are cumulative on the amount of tickets that each participant sells. The prizes vary from game tickets, autographed pucks, hats, long sleeve t-shirts, sticks, jerseys, team jacket or Idaho Steelheads suite.

5. How long does the program run?

The program runs from September 1st to March 1st. You can pick up as many packets as you need throughout this time. If you have groups of 20 or more, please contact the Steelheads office at 472-2123. All packets will need to be turned in by March 15th so the administrative staff has time to tally up all the coupons sold and distribute the funds.

CONTACTS

Steven Anderson
Idaho Steelheads
251 S. Capitol Blvd
Boise, ID 83702
W: 208-489-3722 Fax: 383-0194



USA Hockey

I heard that I need to Register for USA Hockey and its Free?

Yes and no, it depends on what level your child is playing at. BUT, USA Hockey Registration Fee has always been and continues to be waived (FREE) for all participants age 6 and younger (based on the calendar year). That means there is no USA Hockey Registration Fee. Fees can be approximately \$40. And no affiliate fee from any child with birth year making him/her 6 or younger. You will receive secondary insurance, USA Hockey Monthly Magazine, and other member benefits. Register today with USA Hockey and then submit that form to Idaho IceWorld Hockey Department. USA Hockey has a wealth of information. Check their website.

Team Sideline

I keep hearing other parents talk about team sideline. What is it?

Team Sideline, is a secondary website to our own Idaho IceWorld website, www.idahoiceworld.com. There are links from Idaho IceWorld website to get to it. Or use the following, www.teamsideline.com/idahoiceworld. Everything we do here at IceWorld with Hockey is on this website. League information, game times, practice times, adult, youth, woman, girls hockey, stats, scoresheets, photos and tons of information for you and your family.



2015-16 Squirt Champions



2016-17 Peeewe Champions

Basic Rules

I do not understand Offside or Icing when they play?

Two Basic Ice Hockey Rules

OFFSIDE

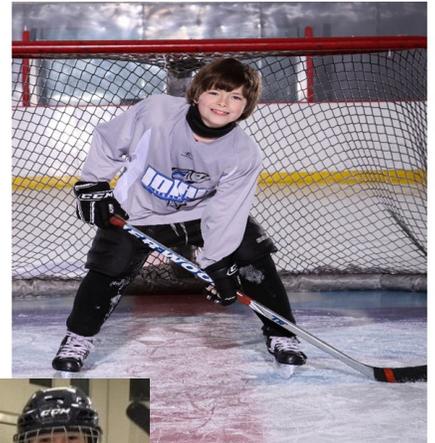
A team is offside, when any member of the attacking team precedes the puck carrier over the defending team's blue line. The position of the player's skates, and not that of his stick is the determining factor. If both skates are over the blue line before the puck, the player is offside. If he has only one skate over the blue line, and one on it, he is onside.

ICING THE PUCK

Icing the puck is not permitted when the teams are at equal numerical strength. Thus it is an infraction when a player on his team's side of the red center line shoots the puck all the way down and it crosses the red goal line itself and is first touched by a defending player. When this occurs, play is stopped, and the puck is returned to the other end of the ice for a face-off in the offending team's zone.

Icing the puck is not called:

- A. If the goalie plays the puck by leaving his net.
- B. If the puck cuts across part of the goal crease.
- C. When a defending opponent, in the judgment of the linesmen, could have played the puck before it crossed the red goal line.
- D. When an attacking player who was onside when the puck was shot down the ice, manages to touch it first.
- E. When a team is playing short-handed because of a penalty.



Mighty Mites

I have seen children playing at the Idaho Steelhead games. Will my child be able to participate?

To participate in the intermissions at the Steelhead games, your child must be currently registered, in the Hockey 4 class at Idaho IceWorld. Players are randomly picked to play at intermission for the Idaho Steelhead games; usually on Friday nights. A child and parent are given a ticket to participate.



*Idaho IceWorlds Hockey Coordinator
Kory Scoran, Idaho Steelheads
ECHL Kelly Cup 2007*



Junior Broncos

My wife is more of a Broncos fan. Do you have anything for her?

Yes! Our Junior Bronco program is much like the Mighty Mite Steelheads. To participate in the intermissions at the Boise State home hockey games, your child must be currently registered, in the Hockey 4 class at Idaho IceWorld. Players are randomly picked to play at intermission for the BSU games; usually on Friday or Saturday nights. A child and parent are given a ticket to participate.

Ice Pilots

So, is there a league for my child to play games in?

Yes! Ice Pilots is the name of our in-house hockey programs. All in-house programs will be wearing Ice Pilot Jerseys. That is the team name that is sanctioned by Idaho IceWorld. Ice Pilots play in the Fall and in the Summer League.

We are always looking for sponsors to offset the cost of team jerseys. If you would like the name of your business on the jersey contact the Hockey Coordinator at Idaho IceWorld.



High School Hockey

My daughter is in High School, is there hockey for her?

High School Varsity hockey is run under the direction of the Hockey Coordinator. It is for 9th-12th grade only. High School Hockey coaches coach the varsity teams; this is a full check competitive league. Ice time is not equal at this level. At the Varsity level the coaches are trying to win the Treasure Valley League and also the State Tournament. Teams can compete at the National Level as well. High School Hockey is growing, with high school bands, cheerleaders and pep squads. There is also a high school game of the week where players are introduced, spotlighted and the national anthem is sung by a student from the high school. This allows the player to play in front of his/her family and friends. There is an ice cut at intermission and a skater from the Boise Figure Skating Club and the home team school, will perform a routine to entertain the crowd, and highlight their own skating skills. Lifetime friendships develop as seen in the below picture of the Bishop Kelly High School Alumni Game played every year.



Bishop Kelly High School Alumni Game 2017

Junior Varsity Hockey

My son just started playing. I do not think he can make the Varsity team. What about him?

During the tryout stage your player will either make the Varsity or the Junior Varsity squad. Junior Varsity (JV) players will play in their own Idaho IceWorld in-house league. This is a non-check league. However during practice time they will be taught how to check and receive a check. At the discretion of the high school coach, a player making the JV squad can be red shirted by their high school. This allows the red shirt player to come up at different times and play in high school games. The red shirted player can also join varsity practices at a small additional cost.

Bantam 14 & Under, Midget 18 & Under

- Jerseys and socks provided
- Assessments will take place prior to practices starting
- We will be playing for a Mini Stanley Cup where team player names will be engraved on the cup

Description of Program:

Coaches follow the USA Hockey American Development Model (ADM). Please visit the USA Hockey link for more information on the ADM at www.admkids.com.

Fall League

I would like my child to play games, is there a league for them to play in?

Mites 8 & Under—Girls and boys

- Cross Ice Play
- No score is kept at the Mite level
- Jerseys and socks provided
- Must have passed Learn to Play Hockey level 4
- Assessments will take place prior to practices starting

Description of Program:

The primary focus in the Mite 8 & Under program is introducing the fundamentals/skill development while making it fun and developing a passion for the game. The Mite 8 & Under program continues to follow the guidelines of the USA Hockey American Development Model (ADM). Please visit the USA Hockey link for more information on the ADM at www.admkids.com. The Mite 8 & Under program will set the foundation for the players' hockey development and prepare them to progress through the older age divisions of Squirt, Pee wee, Bantam, and High School.



Squirt 10 & Under

- Half Ice Play 5 on 5
- Jerseys and socks provided
- Must have passed Learn to Play Hockey level 4
- Assessments will take place prior to practices starting
- We will be playing for a Mini Stanley Cup where team player names will be engraved on the cup

Description of Program:

Coaches follow the USA Hockey American Development Model (ADM). Please visit the USA Hockey link for more information on the ADM at www.admkids.com.



Peewee 12 & Under

- Jerseys and socks provided
- Must have passed Learn to Play Hockey level 4
- Assessments will take place prior to practices starting
- We will be playing for a Mini Stanley Cup where team player names will be engraved on the cup

Description of Program:

Coaches follow the USA Hockey American Development Model (ADM). Please visit the USA Hockey link for more information on the ADM at www.admkids.com.

NOTE:

For all age group games and practice times refer to Team Sideline at: www.teamsideline.com/idahoiceworld

Summer 3 vs 3 League

What about the Summer League?

Divisions:

- Mite 8 & Under (no score kept)
- Squirt 10 & Under
- Peewee 12 & Under
- Bantam 14 & Under
- Midget 18 & Under

Brief Description of Program:

Must have passed Learn to Play Hockey Level 4 to be eligible

A game will consist of two 20 minute periods.

Cross ice for Mites and Half Ice all other teams.

Periods will be continuous run time.

Penalties will result in penalty shots.

Checking is not allowed in any division.

Slap shots are not allowed.

There is no practice during the week.

Proper equipment must be worn at all times. This includes mouthpieces (Squirts and up), shoulder and elbow pads, etc.

Once a goalie has made a save and there is a whistle from the official, the goalie will throw the puck back behind the goal line, the attacking team will retreat, allowing the opposition to skate the puck out from behind their net at least 5 feet up ice before being pressured for the puck.



Girls Hockey

Is there a girls hockey program?

All our Programs from Mighty Mites to High School Hockey are coed. Girls hockey is growing fast! We have select girl teams only for tournaments, camps, and practice. Some of our teams our girls only. We are very proud of the fact that we have numerous woman staff coaches that have played at Division I or Division III level.

GIRLS... HOCKEY

JUST LIKE
BOYS



ONLY BETTER!



Extra Ice Time

Where do I find extra ice time for my child?

Stick Time

Idaho Ice World offers Stick Time. The purpose of Stick Time is to provide hockey players the opportunity to reinforce the things that they do in practices, and to practice things they cannot practice during public sessions, and other hockey related ice times. This includes, but is not limited to: basic skating skills, power skating, stick handling and shooting technique (except slap shots). Stick Time also provides an opportunity for players to receive private instruction. (Please see our website for Stick Time and Pickup rules)

Private Lessons

Many coaches offer private lessons. This is outside the scope of Idaho Ice World.

Hockey Camps and Clinics

Visit Team Sideline or Boise Activity Guide for Hockey Camps and Clinics as they become available.

Off Ice Training

Should my child be working off the ice to get better?

USA Hockey recommends playing sports outside of hockey to increase athletic ability and to ensure young players aren't practicing too much and getting "burnt out" at a young age. Age specific off ice training drills can be found at USAHockey.com.



Code of Conduct

Is there a Parent Code of Conduct?

Idaho Ice World Parent/Guardian Code of Conduct

Idaho IceWorld has implemented the following Parent/Guardian Code of Conduct. It contains the rules for the proper role a parent/guardian plays in supporting recreational youth hockey. Parents must read and understand this form prior to their child participating in our recreational hockey league.

Any Parent or Guardian guilty of improper conduct at any practice, game or within the facility may be asked to immediately leave the facility. Upon being asked to leave, the spectator will be subject to the City of Boise exclusion ordinance and face possible further disciplinary action.

I therefore agree:

I will not force my child to participate in sports. I will remember that children participate to have fun, and that the game is for youth, not adults.

I will refrain from coaching my child or others during games and practices, unless I am an official coach of the team.

I will teach my child that doing one's best is more important than winning, so that my child will never feel defeated by the outcome of a game, or his/her performance. I will applaud a good effort in both victory and defeat, and enforce the positive points of the game.

I will teach my child to play by the rules, and to resolve conflicts without resorting to hostility or violence.

I (and my guests) will be a positive role model for my child, and encourage sportsmanship by showing respect and courtesy; and by demonstrating positive support for all players, coaches, officials and spectators.

I (and my guests) will not engage in any kind of unsportsmanlike conduct with any official, coach, player, or parent such as: booing, taunting, using vulgar or profane language, rude gestures, threatening or actual physical violence.

I will not encourage any behaviors or practices, that would endanger the health and well being of the athletes.

I will never yell or physically abuse my child before, during or after a game or practice – it is destructive!

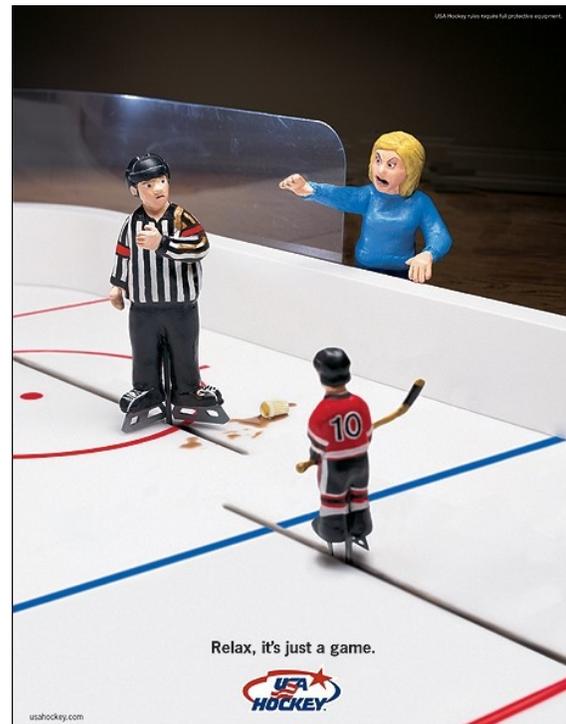
I will work toward removing the physical and verbal abuse in youth sports.

I will emphasize skills development and practices over winning. I will encourage my child's development of the character values, sportsmanship, team-work, respect, hard-work, and responsibility.

I will respect the officials, and their authority during games, and will never question, discuss, or confront coaches at the facility.

I will demand a sports environment for my child, that is free from drugs, tobacco, and alcohol, and I will refrain from their use at the facility.

I will recognize the importance of volunteer coaches. They are important to the development of my child, and the sport.



What is expected out of myself and my child?

Take a look at what USA Hockey says:

USA Hockey code of Conduct

- Hockey is fun.
- Officials are to be viewed as honest arbitrators.
- Honest representation, skills should decide final outcome of games.
- Both players and opponents are to be respected and complimented.
- Rules and regulations are to be viewed as mutual agreement in spirit and trust.
- Winning is a consideration, but not the only one, nor the most important one.
- Set a good example of behavior.



24 Hour Rule

Can you explain the 24 hour rule to me?

The 24-Hour Rule: When an issue occurs and a party has a resulting complaint to make or issue to be resolved, they are asked to wait 24 hours, then put the issue in writing and submit it to the appropriate party. Whether this issue is labelled as coaching error, IIW staff issues, team mate interference, parent conflict or any other of a number of possible situations, it is very important that all parties involved take the full 24 hours to remove or decrease the emotional element so that the actual issue can be resolved quickly, in a civilized manner, and to everyone's satisfaction.

Violation of the 24 Hour Rule will be addressed as Zero Tolerance by the IIW Hockey Coordinator and/or Staff. A violation could result in removal from the Facility.

Please respect the significance of the 24 Hour Rule Policy. If we honor this concept, concerns will be moved away from an audience with our children, a possible ill-timed discussion, and issues will be viewed in the proper perspective. (Please see Team Sideline for the full Policy)





Additional Resources

ADDITIONAL RESOURCES

USA Hockey: A wealth of hockey knowledge including a section dedicated to parents and players. A parent handbook on what USA Hockey can offer parents and players.
www.usahockey.com

USA Hockey: Register with USA Hockey.
www.usahockeyregistration.com

ADM for Kids: Detailed information on the ADM model with a section for parents.
www.admkids.com

Boise Women's Hockey Association: Offers girl's hockey clinics.
www.boisewomenshockey.org

Idaho IceWorld: Visit for current hockey schedules and registration, public skate times, stick times.
www.idahoiceworld.com

Team Sideline: For all Idaho IceWorld Hockey Information.
www.teamsideline.com/idahoiceworld

For Learn to Play Information See USA Hockey Coach Wil Smoke on You Tube.

Visit our Information Desk to Register for various programs or pick up printed schedules.

Contacts

Idaho IceWorld
7072 S. Eisenman Road
Boise, ID 83716

Idaho IceWorld is owned and operated by the City of Boise Parks & Recreation

General Manager kbarnes@cityofboise.org	Kevin Barnes	208-608-7720
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Hockey/Ice Skating Rec. Coordinator kscoran@cityofboise.org	Kory Scoran	208-608-7717
Hockey/Ice Skating Rec. Coordinator jhelderman@cityofboise.org	Jake Helderman	208-608-7717
Special Needs/Ice Skating Specialist jwoodland@cityofboise.org	Jackie Woodland	208-608-7718
Facility Maintenance Manager jdavis@cityofboise.org	Joel Davis	208-608-7724
Rink Reservation Specialist/Billing rmcfarlane@cityofboise.org	Renee McFarlane	208-608-7719
Customer Service/Information Desk khewett@cityofboise.org	Katy Hewitt	208-608-7716
Learn to Play/High School Hockey wsmoke@cityofboise.org	Wil Smoke	208-608-7717
Cutting Edge Sports iiwinfo@cityofboise.org		208-608-7728

For detailed information on scholarships or if you are interested in sponsoring a specific program or wish to donate, call 208-608-7680 or Email. All contributions are tax deductible.



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