



IYHL

# WELCOME PACKET LEARN TO PLAY

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# WELCOME MESSAGE

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## **Susannah Rooney**

Learn To Play Manager, IYHL Board Member  
srooney@iyhl.com



IYHL is thrilled to welcome you into our vibrant sports community! Learn to Play is the first stop on an exciting hockey journey for you and your child. I joined IYHL when my son was 5 and we had no prior hockey experience. I have grown to love the sport and it is a unique, tight-knit community where we can watch our kids do incredible things on the ice! Hockey can be an intimidating sport for new families, so I encourage you to ask questions at any point along the way. We are here to help you from fitting your gear to helping your child find the right opportunities in our league throughout their hockey career.

## **ABOUT LEARN TO PLAY**

Learn to Play is the essential first step for any child age 4 and up interested in playing hockey, regardless of age or skating experience. It is required before joining the IYHL league teams. The Sunday sessions will teach your child the basic principles of skating, stick handling, and puck work. The first four sessions will focus on skating in full hockey gear and the second four sessions will add stick and puck skills. The sessions are led by experienced coaches from IYHL, Ice Box, and Notre Dame, who are assisted by area high school hockey players and IYHL travel team players. Everyone is passionate about welcoming kids into the sport they love! By the end of eight sessions your skater will be prepared to join a house league team where they can continue to learn and grow as a hockey player in practice and game settings. Skaters can register for Fall House League for their age group simultaneously because it will begin in late October after the conclusion of Learn to Play.



# EQUIPMENT GUIDE

All skaters need the following equipment to participate in Learn To Play.

**Helmet:** Must be Hockey Equipment Certification Council (HECC) Certified. Must be sized at the time of purchase to fit properly. The chin strap must always be fastened.

**Facemask:** Must be Hockey Equipment Certification Council (HECC) Certified. Full facemasks are required for all youth players in the IYHL. Can be either cage or plexiglass style.

**Mouthpiece:** Required for players in the 12U through Junior age classification. USA Hockey encourages players of all ages and ability levels to use a mouthpiece.

**Neck-guard:** Required for all players in IYHL. Can be collar, bib, or built into undershirt style.

**Shoulder Pads:** The fiber cap should extend to the tip of the shoulder.

**Elbow Pads:** Properly fitted so they do not slide along the arm.

**Gloves:** Properly fitted so they allow for good finger and hand mobility.

**Hockey Pants:** Held in position on the hips with belt or suspenders. Pants provide protection for the lower spine, hips, and thighs.

**Shin Pads:** Should fully cover knee and shin.

**Hockey Socks:** Pull over the Shin Pad and cover entire leg.

**Practice Jersey:** Provided by IYHL for Learn To Play.

**Jock/Jill or Cup:** Essential protective equipment. Many have velcro to help hold up Hockey Socks, if not, tape or sock garters are effective.

**Stick:** Length should generally extend from the ice to the players chin (with skates on) when holding the stick vertically. When standing in shoes off ice, a stick should extend to a player's nose.

**Skates:** Purchase skates that will fit your child today with no more than ½" allowed for growth. Improperly fitted skates will hamper your child's ability to skate.

# EQUIPMENT DIAGRAM



[Video Link: How to dress a youth hockey player](#)



# EQUIPMENT RENTALS

## IYHL has partnered with Rink Rat Rentals!

IYHL is proud to announce a partnership with Rink Rat Rentals for rental gear! Rink Rat Rentals offers high-quality rental equipment for youth hockey players of all ages, providing an affordable alternative to buying new gear. The Rink Rat gear sets provide everything your skater needs for LTP, even skates! Families should order rental gear directly from Rink Rat. Gear sets can be used for LTP and beyond.

The process is simple: just visit [www.rinkratrentals.com](http://www.rinkratrentals.com), select the gear you need, choose your rental period, and have it delivered right to your door. There is typically a 1-week lead time on all orders so plan accordingly for the upcoming hockey season. If you have any questions or need assistance, feel free to reach out via email at [contact@rinkratrentals.com](mailto:contact@rinkratrentals.com).



**[More info on last page.](#)**

# WHAT TO EXPECT IN SESSIONS

- Skaters are typically placed into two session times based on last name. Please alert Susannah Rooney if you need to switch sessions on a given week.
- Skaters must be in full hockey gear for all sessions or they will not be able to come onto the ice (see gear explainer above).
- Arrive 30-45 minutes early for the first session to check in, find your locker room/rink, and dress in full gear.
- Skaters will be provided with a jersey and name tape for their helmet at check-in.
- IYHL staff and coaches will be available to assist with gear and questions.
- No sticks are needed for the first few sessions. You will be notified when to bring your stick.
- No parents are allowed on the ice unless they are a certified coach through USA Hockey. Parents are welcome to watch from the stands.
- Coaches will work with skaters in small groups and cycle each group through stations to work on a variety of skills.



# IYHL FACILITIES

## Ice Box Skating Rink

1421 South Walnut Street, South Bend IN 46619

- Rink 1
- Rink 2
- Rink 3
- Locker Rooms
- Tape 2 Tape Pro Shop
- Gear Rental Pick Up

Upon entering the NEW main lobby, look for the TV signs. You will find the Ice Rink and Locker Rooms assigned to LTP for the day.



## Compton Family Ice Arena

100 Compton Family Ice Arena, Notre Dame, IN 46656

- Lefty Ice, Notre Dame Arena Ice
- Olympic Ice, secondary ice sheet downstairs
- Locker Rooms
- Skate Sharpening

Upon entering the building go down the stairs to your right (or elevator to the left), look for the TV signs. You will find the Ice Rink and Locker Rooms assigned to LTP for the day. If skating on the Lefty Ice, skaters can use the Visitor's Bench to enter the rink. It is in the back hallway by Locker Room 5.



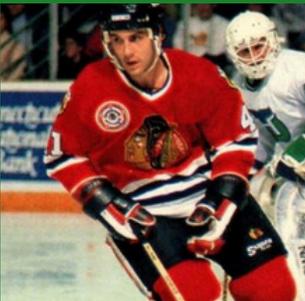
# MEET THE COACHES



## **Brenden Lambert**

IYHL Director of Youth Player Development

AA Hockey Player (Ft. Wayne Force)  
NCAA D3 Hockey Player (Trine University)  
16U AAA, Varsity Hockey Coach (Culver Academy)  
High Skills Hockey Owner



## **Mike McNeill**

Compton Programming and Instruction Manager

NCAA D1 Hockey Captain (Notre Dame)  
NHL Hockey Player (Chicago Blackhawks and Quebec Nordiques)  
World Cup USA Hockey Player  
Extensive experience coaching and training at Ice Box and Compton



## **Steve Hubner**

Ice Box Director of Hockey and Business Operations

IYHL Graduate  
AAA Hockey Player (Indy Racers)  
NCAA D3 Hockey (Saint Mary's College)  
Longtime coach and hockey advocate

# WHAT'S NEXT?

Following the completion of Learn to Play, skaters can participate in the IYHL co-ed House League for their age group. Players participate in the following House divisions:

- 6U (Mini- Mites) - ages 4-6
- 8U (Mites) - ages 7-8
- 10U (Squirts) - ages 9-10
- 12U (Peewee) - ages 11-12
- 14U (Bantam) - ages 13-14
- Girls Hockey (all ages)

Skaters must meet the age requirements for each division by January 1st. For more information on Age Classifications - Check out our [\*\*Age Classification\*\*](#) page.

**Fall Learn to Play** participants can immediately participate in House League, which begins in late October after LTP.

**Winter Learn to Play** participants look for summer camps and classes hosted by IYHL to get extra ice time before Fall LTP or House League the following season.



# IYHL LEAGUE FORMATS

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Learn To Play	All Ages	Required introductory sessions to learn the game and develop skills
House League	6U, 8U, 10U, 12U, and 14U	IYHL co-ed league, weekly practice (6U 1x/week, other ages 2x/week) and weekend games.
Select (Summer tryout required)	8U, 10U, 12U, and 14U	Part-time, co-ed travel team with members from House League. One additional practice a week and 4-5 tournaments a year.
Rovers (Spring tryout required)	10U, 12U, and 14U	Full-time, co-ed travel team. Three practices a week with frequent tournaments.
Shamrocks	10U, 12U, 14U, and 16U	Girls Only travel team. Three practices a week with frequent tournaments.



RINK RAT RENTALS

CHILDREN

ADULT

**1 | LEARN TO SKATE SET: \$13/MONTH\* \$28/MONTH\***

INCLUDES SKATES, GLOVES, HELMET



CHILDREN

ADULT

**2 | COMPLETE RENTAL SET: \$30/MONTH\* \$65/MONTH\***

INCLUDES 11 INDIVIDUAL ITEMS BELOW



\*3 MONTH MINIMUM RENTAL

\*SHIPPING/TAXES NOT INCLUDED

# HOCKEY EQUIPMENT RENTALS

Shipped to your doorstep!

One week lead time

Contact us

Contact@RinkRatRentals.com



For more information visit us at [RinkRatRentals.com](http://RinkRatRentals.com)

## RENT INDIVIDUAL ITEMS BELOW:

	CHILDREN	ADULT
JERSEY	\$1.00	\$1.00
SOCKS	\$1.00	\$2.00
NECK GUARD	\$1.25	\$2.00
ELBOW PADS	\$2.00	\$4.00
SHOULDER PADS	\$2.50	\$8.00
SHIN GUARDS	\$2.50	\$8.00
GLOVES	\$3.00	\$9.00
BAG	\$3.25	\$4.00
PANTS	\$3.50	\$8.00
HELMET	\$4.50	\$9.00
SKATES	\$5.50	\$10.00

\*MONTHLY PRICE