

Welcome to the Beaver Dam Hockey Association!

Introductory & Beginner Youth Hockey Programs

I. Introductory Hockey Programs (Ages 3 & Up)

The introductory program includes Hockey 1 & Hockey 2 that are offered in 7-week sessions throughout the year. **BDHA offers Hockey 1 & 2 for FREE**, which target new and beginner skaters ages 3 and up. While the base fee is waived, USA Hockey requires an annual fee of \$50 for youth ages 7 and over participating in hockey. For those who sign up for our "Try Hockey for Free" Sessions to be held in November and February each year, the USA Hockey fee will be waived for the year (or the remaining sessions in the season).

Hockey 1 & Hockey 2 is our beginner/entry level program in which participants will learn how to skate and be introduced to hockey play. Participants are formally trained how to skate in a progressive and sequential manner by skilled skating instructors. We recommend all skaters complete both before advancing to the Mite level or team play. While Hockey 1 & 2 will focus on beginner skating skills, Hockey 2 will begin to introduce participants to the fundamentals of hockey play. A station format will be implemented to enable skaters to learn a multitude of skills and advance at their own pace. **Equipment will be provided for beginner level hockey programs with check-out and return required. New Hockey 1 & 2 sessions start in September, November, January, March, and July each year. Join anytime during these FREE sessions.** See more information and the schedule at the BDHA website: <http://www.bdfamilycenter.org/hockey/index.php/youth-programs/>.

II. Beginner-Level Hockey Programs (6U & 8U)

At the 6U and 8U levels, the focus is on learning to skate and play hockey in a fun, high skill growth environment. Kids are grouped by age and skill level and play cross-ice hockey to maximize player development.

6U Atoms

This program will help transition skaters from our Introductory Programs (Hockey 1 & 2) into more advanced play at the Mite level. 6U Atoms are generally younger or first year Mite skaters; typically 5 or 6 year-olds. A basic ability to skate is helpful before beginning 6U Atoms, and all skaters are encouraged to stay in Hockey 1 & 2 sessions. 6U Atoms skate twice a week -- they have one practice during the week and cross-ice games or practice on Saturdays. **First year 7 & 8 year old skaters who want to learn to play hockey are welcome to enroll in this program.** Coaches will evaluate skaters for appropriate placement to 8U if they are too advanced for 6U. **New skaters** may begin the season in Hockey 1 & 2 and then transfer up to 6U Atoms or 8U Mites when the coaches feel they are ready. Fees are pro-rated to the amount of time remaining in the Atom or Mite season at transfer. If your child is ready for more ice time and further hockey skill development talk to the instructors about making a transfer.

8U Mite Cross Ice League (Red, White & Blue Hockey)

After your child completes Hockey 1 and 2 (or is skill-level ready), the next step in the progression of play is Mites. The Mite Cross Ice League is our beginner-level hockey program at the team level for girls and boys, typically ages 5 to 8 (8U). While considered a beginner-level program, the Association strongly advises that skaters complete at least one session of Hockey 1 and Hockey 2 before enrolling in Mites. Using the USA Hockey American Developmental Model (ADM), the Mite program is designed to provide both an introduction into competitive hockey and the opportunity to play hockey without a major commitment. The emphasis of this program is **skill development**. All games are played cross-ice to allow for more time on the puck and coaching support for each player. Some travel to other nearby associations for game play is included to provide an enhanced experience. We also offer an equipment loan program.

See more information about the ADM Model on the Beaver Dam Hockey Association (BDHA) Website:
www.bdfamilycenter.org/hockey/index.php/youth-programs/.

Mite Team Highlights:

- Age & Ability Level: Beginner, Typically 5 to 8 years
- Equipment Required: Skates, Hockey Stick, Mouth Guard
- Equipment Provided: Helmet, Jersey, Elbow Pads, Shin Pads

III. Youth Hockey Team Progression

Once your child advances through the Introductory and Beginner Levels of hockey, the following progression for team level play is available for both girls and boys (for more information see USA Hockey website at: <http://www.usahockey.com/youthhockey>).

- Squirt (10 or under)
- Pee Wee (12 or under)
- Bantams (14 or under)
- Girls Program (U8, U10, U12, U14)

