



CHISAGO LAKES HOCKEY ASSOCIATION

MITE NEW FAMILY GUIDE

Mite Director

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WELCOME

Welcome to the **Chisago Lakes Hockey Association (CLHA)**.

The mission for our mite program is to provide an enjoyable introduction to youth hockey for players of all abilities. We aim to teach all Mite skaters the fundamentals of hockey as well as develop their individual skills including: skating, balance, agility, shooting and puck control; all within a healthy and fun environment.

Our mite program provides the opportunity to play at a level that is appropriate to strengthen your child's development. In this guide you will find information to help you navigate CLHA mite hockey. We were all new at some point, and if you have a question that is not addressed here, please don't hesitate to reach out!

WHAT IS A MITE?

As a new youth hockey parent you may notice that we have names for each level of play.

These levels go by age:

*Little Wildcats** (4-6)

Mite (6-9)

Squirt (9-11)

Peewee (11-13)

Bantam (13-15)

Mite/U8s have the largest age range and therefore make up a large portion of the kids in our association. Most kids start as a Little Wildcat/Mite.

*Little Wildcats is specific to our association

GETTING STARTED

WHAT'S REQUIRED?

USA HOCKEY

Regardless of the level of play, it is required for each player to first register with USA Hockey. There is an additional fee associated with it. Please see the USA Hockey site for more information on membership details.

GEAR

Full gear is required at every level, which includes neckguards. To the right is a list of the required gear.

**Rental equipment is available for those that need it.



CHISAGO LAKES RENTAL PROGRAM

The Rental Gear program is designed to meet the needs of first year skaters through mites.

Rental Gear includes:

- Helmet
- Shoulder Pads
- Elbow pads
- Shin guards
- Hockey breezers/pants
- Gloves

CLHA provides loaner gear for a small annual deposit and is then all loaned gear is to be returned in good condition to CLHA equipment coordinator by Mid-March. Please see the website for additional information and current pricing

Skates, hockey stick and hockey socks are not included in the rental gear

LITTLE WILDCATS

Little Wildcats is the first step into hockey for our youngest skaters.



Best suited for children who are just starting out and excited to learn the game in a playful, encouraging setting.

- Designed for beginners who are new to skating and hockey
- Skaters start with a stick on day one
- Focus on skating fundamentals: balance, stopping, edge control, and stride
- Develop comfort moving with a stick while learning hockey basics
- Progresses toward in-house scrimmages as skills improve
- Fun, supportive environment that builds confidence on the ice

MITE 1 (IN-HOUSE)



Mite 1 is the next step after Little Wildcats, giving young players a chance to experience team hockey while continuing to build their skills.

Best suited for kids who are able to skate with minimal falling and are ready to begin organized team play in a fun, structured environment.

- Ideal for skaters who are comfortable moving on the ice with a stick
- Focus on foundational hockey skills through skating drills and station-based practices
- Players are assigned to teams at the start of the season
- Weekly half-ice games against other CLHA Mite 1 teams
- Teamwork, sportsmanship, and fun are key parts of every session
- All games and practices held at our home rink
- Occasional opportunities to participate in Level 1–2 jamborees outside of CLHA

TRAVEL MITES



Travel Mites offer players increased ice time and the chance to compete against other associations while focusing on skill development and fun.

Best suited for players who can skate confidently with minimal falling and can perform a hockey stop.

- Players receive more ice touches through games and practices
- Teams include Girls' U8 and Boys' Level 2, 3, and 4 squads
- Games are half-ice with up to 10 full-ice games per season
- Each team participates in 3 local jamborees—no overnight or out-of-town travel required
- Additional games scheduled by coaches and managers as needed
- Most away games are within the north or east metro areas

Leveling and Development

There are no formal tryouts, but leveling will take place early in the season to help determine which team best supports each player's development. Factors such as age, grade, school attended, and skill level are considered to ensure every child has the best opportunity to grow.

The focus is on development, encouraging players to improve their skills, gain confidence carrying the puck, and make plays against opponents.

We want every player to be challenged while fostering a genuine love for the game.

We encourage parents to remember that *hockey development is a journey, not a race*. It's about progress and enjoyment more than immediate results, and we are here to support your child every step of the way.

WHO DO I CONTACT?

New To Hockey?

Mite Director *Theresa Colbeth*: theresa.colbeth@chisagolakeshockey.org

Recruitment Coordinator *Molly Linqvist*:
molly.linqvist@chisagolakeshockey.org

Mite Program

Mite Director *Theresa Colbeth*: theresa.colbeth@chisagolakeshockey.org

Equipment

Hockey Operations Coordinator *Delaney Doriott*
delaney.doriott@chisagolakeshockey.org

Volunteer or DIBS

DIBS Coordinator *Katie Vandekamp*
katie.vandekamp@chisagolakeshockey.org

Registration Questions/Concerns/Issues

Registrar *Jessica Howe* jessica.howe@chisagolakeshockey.org

Recruitment

Recruitment Coordinator *Molly Linqvist*:
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Manager Questions

Secretary *Robin Herzog* robin.herzog@chisagolakeshockey.org

Web Questions

Web Coordinator *Vince Tuminello*
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