

Mite White- This level is an entry level program and focuses on the basic elements of skating and learning to play. Players will work on skating skills as well as stick handling, passing, shooting, other basics of the game of hockey and having fun.

Mite Red- This level is designed to improve skating skills and introduce players to the basic skills of the game. The game and rules of hockey will be taught with an emphasis on skill development including skating forward and backward, starting and stopping, stick handling, passing, shooting, and having fun. Players should be taught basic rules of the game such as off sides, icing, offensive, defensive, and face off positioning. Players will not be assigned positions at this age and will be offered the opportunity to play goalie to determine his/her interest and ability. All players should be given equal ice time.

Squirts/U10- This level continues to work on skill development, individual tactics, and team concepts. Players should be taught all positions and given an opportunity to play each. Goalie(s) should be identified at the beginning of the season and should start to develop his/her goalie skills. It is at this age group that players will be introduced to competitive hockey. The primary focus will be on the enjoyment of the game as well as the development of the enhanced skating and hockey skills. Coaches will attempt to provide equitable playing time versus winning.

Pee Wee/U12- This level continues the development of skills, with the goal of additional development in team and individual tactics. Players should be able to begin to transfer skills and concepts from practices to games. Coaches will attempt to provide equitable playing time based on age, skill and/or experience as seems most appropriate for each game throughout the season.

Bantams/U14- This level continues the development of skills and tactics, but puts more emphasis on the team concepts of the game. Players need to be more competitive and coaches should start preparing the players for playing high school hockey. Coaches will make their best effort to play all players an equal number of shifts recognizing the benefit of rest time provided by playing all players. Coaches are allowed to vary the actual number of shifts for special game situations.