



Spring Hockey League Information 3 on 3 Cross-Ice Hockey for Mites, Squirt and Peewee Shinny (pick-up hockey) for Bantam and Midget

Registration: March 12th—April 1st
\$99 for Spring Session

3 on 3 hockey is back for our little guy spring season. What is 3 on 3 hockey??? Why do we offer it instead of a normal season? Studies have shown that the best way to keep the game fun while allowing the players to improve and enhance their personal skills is through small area games with “game-like situations”. Cross-ice 3 on 3 gives the players more “puck time” while helping them to improve on their stick handling, passing, skating and shooting skills. We divide the kids once they arrive into teams based on skill parity. All players need white and dark jerseys and water bottle.

Mites (2002 and younger) **Squirts** (2000, 2001) **NC mall location**

Season: 8 sessions of 3 on 3 . USA hockey registration required.

Dates & Times:

Mondays - April 5, 12, 19, 26 May 3, 10, 17, 24

Mites - Monday 5:45—6:45pm

Squirts - Monday 6:45—7:45pm

Cost: \$99

Registration: Register at either rink or online.

First-come, first-serve 24 player max at each age level. Registration closes on Thursday, April 1st.

Peeweess (1999, 1998) **Bantam** (1997, 1996) **Midget** (1995-1992)**I-35 location**

Season: 8 sessions on Wednesdays.

Dates: Session dates, March 24, 31 April 7, 14, 21, 28 May 5, 12.

Cost: \$99

Registration: Register at either rink or online. First-come, first serve— max 24 players at each age level. Registration closes on Sunday, March 21st.

3 on 3 Hockey and Shinny Rules and Regulations for Players

1. USA Zero Tolerance Policy in effect. All players must follow the rules and guidance put in place by Coaches and Rink Staff and Management at all times.
2. Any player not adhering to the rink or coaches' rules will be asked to leave the ice session.
3. There is no body checking allowed at any level. Any players caught body checking will be asked to refrain. After one warning they will be asked to sit out if the behavior is repeated. Coaches at the Bantam and Midget level may designate their rules regarding body checking.
4. No player may enter the ice without direct supervision and verbal confirmation that they may enter ice from the coaching staff.
5. All players, parents, siblings and coaches must respect the locker room and facilities. No rough play, horsing around or destructive behavior will be tolerated in the locker room, restrooms or general facility.
6. The coaches will determine and designate the format for the 3 on 3 session. All players must adhere to the format that is put in place. Listen to the coaches for signals when your time to get off the ice commences.
7. Have fun and work hard!!
8. \$15 drop-in fee for individual sessions