



JULY NEWSLETTER

KEY DATES



- **FALL CLINIC REGISTRATION**
 - Mites through 15U/HS Boys- **OPEN**
- **NEW PLAYER REGISTRATION**
 - Mites through Jr. Gold - **9/15**
 - Mini-Mites - **12/31**
- **RETURNING PLAYER REGISTRATION**
 - Mite | 8U **8/15**
(\$100 late fee after 8/15)
 - Bantam|Peewee|12U | Squirt|10U **7/31**
(\$250 late fee after 7/31)
 - Jr. Gold | 15U -**9/15** (No late fee)
- **JERSEY ORDERS DUE 7/10**
- **TRY HOCKEY FOR FREE! 8/25**
- **Gear Swap 8/25**



**REGISTRATION
NOW OPEN!!**

2024 FALL CLINIC

- For skaters in Mini Mites through 15U/HS Boys
- Registration is limited to 35 players per group so register today!
- For more details and to register, click **HERE.**

2024-2025 REGISTRATION

- All registration will take place online via the FLHA website.
- Click **HERE** to register today!
- All payments are collected via Visa, Master Card, Discover, or a checking account setup during registration. No offline payment methods will be accepted.
- Place jersey orders **HERE** until **7/10**



FLHA CELEBRATES JULY 4TH

- Watch for FLHA in the Forest Lake parade promoting Youth Hockey.
- Parade begins at 10AM on July 4th.
- Thank you to **Morrie's Auto Group** for donating a truck for parade purposes!



Introducing *Mini Mites*

- FLHA has added a Mini Mites program for kids ages 5-6, consistent with other programs.
- This level is for those who have completed Junior Rangers or have some skating and hockey skills.
- Junior Rangers will remain the introductory to hockey program.
- Contact Matt Folsom, Recruiting & Retention Director (recruitment@flhockey.org) if you have questions.

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UPDATED MITE REQUIREMENTS

- FLHA has realigned its Mites levels to be consistent with other associations, ensuring our kids play against others of the same age and ability.
- Please refer to the chart below for guidelines on Mites levels, including birthdate, age, and grade level.

Hockey Level	Ages	Typical Hockey and School Age Level Dates of Birth	Grade Level This Fall	Years of Hockey Experience
JR Rangers	4 to 6	Varies	Pre-K / K / 1st	None
Mini Mites	Ages 5 to 6	6/1/2018 - 5/31/2019	Kindergarten	Some / Able to Skate
Mites 1 and 8U 1	Ages 6 to 7	6/1/2017 - 5/31/2018	1st Grade	1 yr recommended
Mites 2 and 8U 2	Ages 7 to 8	6/1/2016 - 5/31/2017	2nd Grade	2 yr recommended
Mites 3/4 and 8U 3/4	Ages 8 to 9	6/1/2015 - 5/31/2016	3rd Grade	3 yr recommended



FLHA Board News

Annual Reports:

- 2023-24: *Coming Soon!*
- 2022-23: Click [HERE](#)

Meeting Minutes:

- May: Click [HERE](#)



REGISTRATION GUIDANCE & AGE CLASSIFICATIONS

- When registering, consider your child's grade level, age, and abilities.
- MN Hockey aligns age classifications with school cutoffs rather than birth year, allowing kids to play with their school friends. For example, a 5-year-old kindergartner with a summer birthday can play with classmates throughout their youth hockey journey.
- Returning Mites may stay at the same level as last year or move based on their progress.
- All Mite players will be evaluated at the start of the season to ensure they are placed at the appropriate level. Adjustments may be made during the season by the Mite director.
- We aim to place kids on teams to fit their abilities, enable them to compete, and ensure your child is having fun while playing hockey

NEW

VOLUNTEER PROGRAM HOURS

- Combines both DIBs and concessions into one program for easier management and tracking
- Offers flexibility to choose concession hours or DIBs, or a combination of both.
- Volunteer hours are tracked hourly making fulfillment and planning easier.
- Register separately for volunteer hours when completing fall registration by clicking [HERE](#). Doing so is a requirement to receive your jersey and participate in tryouts.
- Credit card information will be collected but only charged if volunteer hours are not fulfilled.
- Learn more about the program by clicking [HERE](#).



FLHA WEBSITE HAS A NEW LOOK

This off-season FLHA modernized the website for more user-friendly navigation.

Keep up with the latest news and announcements through our integrated social media feeds.

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SPORTSMANSHIP: KEY PRINCIPLES FOR COACHES, PARENTS, AND ATHLETES

- Sportsmanship is essential for a positive sports experience, emphasizing respect and fair play.
- Coaches, officials, parents, and fans all contribute to a positive environment by exemplifying good sportsmanship.
- Maintaining self-control and emotional balance during competitions is crucial for athletes' development.
- Promoting sportsmanship within the school and community helps foster a respectful and supportive culture.
- For more details, visit the **NFHS Learn Sportsmanship Course**.



NEW NECK GUARDS REQUIREMENT

Effective August 1st

- USA Hockey approved legislation requiring the use of neck laceration protection (neck guards) for players in all age classifications, other than adults.
- The new rule goes into effect August 1, 2024.
- Don't forget to purchase a neck guard for your child.
- For more information, visit the USA Hockey page by clicking **HERE**.