

Forest Lake Hockey



Parent Handbook

2022/23 Season

Welcome

Welcome to Forest Lake Hockey. We hope this booklet will help you with your transition into Forest Lake Hockey. The Forest Lake Arena is owned and operated by the Forest Lake Athletic Association known as FLAA. Forest Lake Hockey Association, FLHA, is their biggest tenant.

The FLHA is a volunteer run association which has meeting once a month that all members can attend. The board of directors has many positions some of which are Mite, Squirt, Peewee and Bantam and Girls directors along with other committees.

Each of our teams are run by a head coach, assistant coaches and manager/s. We encourage you to help out in any way you can, whether on the board, a committee, a coach or a manager. At the Mite level we need a lot of coaches on the ice and you do not need to be a college hockey person to be a coach. It's a lot of fun to be on the ice with your children!

USA Hockey oversees a lot of things within our association. MN Hockey is their local branch. Within MN Hockey we are in District 2. District 2 consists of Forest Lake, Stillwater, White Bear Lake, Mahtomedi, Roseville, Moundsview, St. Paul, Chisago. At the Squirt and above levels, we do play some Wisconsin teams throughout the year. These teams are Hudson, Somerset, River Falls and Baldwin.

At the Mite Levels, games are played at half ice or cross ice and are called Jamborees. The games at this level only use the clock to keep track of periods and change on the buzzer for line shifts. The mite levels usually have coaches on the ice to referee. The Jamborees at this level are only within our district unless prior approval is obtained. There are no out-of-town tournaments.

When you get to the Squirt and above level, players then have full ice district games with referees. At these levels you will have a few local tournaments and a few out-of-town tournaments. Also, at the end of the season you will have district tournaments. These district tournament's locations move around from season to season. The district tournaments are usually just the Minnesota teams. We play teams from Wisconsin during the regular season, so they count for wins and losses in standings, but WI plays in their own year-end tournaments.

At the Squirt Level and above AA, A and B1 teams have a chance to go to regions and then potentially advance to the State Tournament. Usually, the top 2 teams from regions go to state.

Registering for Forest Lake Hockey

Skaters

- Before registering for Forest Lake Hockey, you need to first register your skater each year with USA Hockey and then receive a USA Hockey registration number for the current season
- Go to usahockey.com to register
- Be sure to print and save your USA Hockey registration number
- Proceed to the Forest Lake Hockey Webpage to register your player/s
- There will be a separate tryout fee for Mite 4 and above
- Fees for Forest Lake Hockey can be found on the FL Hockey Web Page under registration.

Coaches If you are interested in coaching or assistant coaching.

- You should email level director to ask about coaching
- You do not need to be a former college player to coach
- It is fun being on the ice with the kids.
- Coaches are volunteers. A head coach and assistant coaches are needed for each team
- Coaches do have to register to be a coach through USA Hockey
- Coaches need to attend a class run by USA Hockey to receive their CEP Level 1 certification
- The Level 1 course is usually a day long course. ½ classroom and ½ ice along with completing a video module
- You will need pass a simple background check which is on the MN Hockey web page
- You will need to complete a safe sport and concussion module
- When you get to Squirts you will need a CEP level 2 certification
- The fees for the above coursework will be reimbursed by FLHA
- FLHA hockey has a separate coaches handbook to help you get started

Levels

The Mite program is designed for boys but girls are allowed to play on their teams. The 8U program is designed for girls only on a team. The letter U stands for Girls' Team

Mite / 8U Level 1 This level is generally for 1st grade/ 5-6 yrs old

- Practices will be held indoors typically 1-2 times per weekend. There will be some pre planned game and jamboree days throughout the season.

Mite / 8U Level 2 This level is generally for 2nd grade/ 6-7 yrs old

- Practices will be held indoors typically 2 times per week and possibly outdoor at team discretion once the weather permits. There may also be some planned game days and jamborees. Teams will be formed by area, skill consideration and coach input.

Mite / 8U Level 3 This level is generally for 3rd grade/ 7-8 yrs old

- Practices will be held indoors typically 2+ times per week and likely outdoor ice availability as weather permits. Outdoor ice will usually not be structured time and be for creative and game play time. There will be predetermined ice time at the Lumberyard in Stillwater for games as well as full ice games. Teams will be formed by skill consideration and coach input. This level will provide **all** necessary skill building tools for children to move up to Squirts/u10.

Mite / 8U Level 4 This level is by evaluation only. Advanced 3rd grade/ 7-8 yrs

- If your child does not evaluate onto a level 4 team they will be placed on an appropriate team at a lower level. There will be **NO** refunds given if a child does not get placed onto a level 4 team. There will be advanced fees associated with this level to cover ice time and other fees not budgeted in. Practices will be held indoors typically 2+ times per week and likely outdoor creative ice once weather permits. There will be predetermined ice times at the Lumberyard in Stillwater as well as full ice games near seasons end.

Squirts/10U 4th. and 5th Graders

- Tryouts are conducted at the beginning of the season to determine rosters for A team, B teams, and C teams.

Peewee/12U 6th. and 7th Graders

- Tryouts are conducted at the beginning of the season to determine rosters for A team, B teams, and C teams.

Bantam/15U 8th and 9th Graders

- Tryouts are conducted at the beginning of the season to determine rosters for A team, B teams, and C teams. This is when checking is allowed.

Tryouts/Teams

Tryouts

- The number of teams and levels of play will be estimated by the appropriate Level director prior the beginning of tryouts
- FLHA makes every attempt to ensure that each player is given a fair and unbiased evaluation
- Tryouts are for Mite 4 (upper Mites) and above.
- Mite 1,2,3 do not require tryouts.
- When you register for Forest Lake Hockey, you will be asked to sign up for tryouts
- FLHA will send out an email to let you know when to pick up try out jerseys
- When you pick up tryout jerseys, you will be asked for a check for dibs. If you complete your dibs during the season, your check will be ripped up. More on dibs below.
- Tryouts are closed to any observers
- Evaluator are hired to conduct the evaluations
- Attendance for players is mandatory for all kids. An absence will be scored a zero
- Injured players will be dealt with on a case-by-case basis
- Mouthguards are required
- Socks must be FLHA socks, or all black, all white, all gold or all maroon
- All helmet stickers should be removed

Teams

- After tryouts the number of teams and levels are picked
- Upper-Level A teams will usually have "A" Pools.
- A Pools often have a A Pool scrimmage where coaches are deciding on who makes the team.
- Kids who don't make the A team are then on the next lower team IE B1
- It may take a few days to get teams finalized with coaches and rosters
- Once this is taken care of you will receive an email letting you know what team you are on and your practice schedules. Practices start right away.

Managers

- Managers are vital to each team.
- Managers are also volunteers and we need managers to help out
- Managers also need to pass a simple background screening which is on the MN Hockey Web page
- There is a separate manager handbook that talks about the managers role

Fundraising/Sponsors/Dibs/Concessions

Fundraising

- The association gives some money to each team. Just like most other associations the teams need to raise some money on their own.
- These funds are used to pay for extra events like Jamborees, team apparel, tournaments etc.

Sponsors

- Sponsors are another way to raise money for your team.
- These sponsors are usually listed on your team page on the FLHA Web site
- If you know someone who might sponsor, let your manager know.

Dibs

- Dibs are required for each family at the Mite 2 level and above levels
- A check will be collected prior to season. If you fulfill your dibs, the check is ripped up. If you don't fulfill your dibs the check is cashed.
- Families are required to fulfill 8 credits per player with a max 12 per family
- There is a DIBS section on the FLHA web site
- To log in you MUST use the email the you registered your player/s with as keeping track of DIBS is linked to the email you signed up with
- It is a good idea to log in and get familiar with what the DIBS are.
- There are a lot of different items in DIBS, Tryouts: Handing out jerseys, locker room attendants, running a bench gate, clocks, numerous other things throughout the season
- Highly recommend to get them done sooner rather than later.
- If you sign up for Tryout DIBS, you cannot be in the same level as your skater/s IE: If you are a Squirt parent, you can't sign up for Squirts Tryout DIBS.
- When DIBS are posted an email will go out saying DIBS are posted.
- They usually get signed up for fast.
- The DIBS site will show you your current status of fulfillment. When you click on dibs it will show you how many you have completed and how left to fulfill.

Concessions

- Each team at Mite 3 and above is given a number of concession hours to fulfill
- The team manager will send out signup sheets
- You will be met there by someone who will fill you in on what to do.

Team Page, Sports Engine, Schedule and Jamborees

Team Page

- Once teams are picked your manager will start updating your team page
- The team page is on the FLHA website under “TEAMS”
- Search for your team: IE: Mite 1 Gold
- On the FLHA site you will also find rosters and schedules and more

Sports Engine

- Great phone app for keeping track of your team’s schedule
- You will be using this app more than anything else.
- Can be set up for multiple teams if you have 2 or kids in hockey
- Your manager will update this when things come up like photos or changes in schedule

Scheduling

- Scheduling is posted once D2 hockey supplies us with all of the game schedules
- Remember we have many teams that play home games in our main rink. The scheduler has to get those game schedules first before scheduling practices around those. Please be patient and don’t expect practice schedules to be a month in advance.
- Mites are fairly consistent with weekend schedules
- We do have a program that spreads out practice times to be fair to each team. You will have some late or early practices due to ice availability. Each team will have these as well.

Jamborees

- D2 Hockey has strict rules that Mite hockey shall be played in Cross Ice or Half Ice games
- Jamborees can only use the clock to keep track of periods and change on the buzzer
No scores are kept
- Jamborees are also to be kept in our district. No traveling unless pre-approved
- FLHA does their own Jamboree. It is up to the team to schedule more.
- There is a limit to how many you can play in a season
- Some Jamborees are outside at various locations like Meisters in Scandia
- At Mite 3 and 4, you are allowed a certain number of full ice games after Dec 31

Gear and Forest Lake Arena

Gear

- Skate fit is really critical.
- A tip to check fit is to loosen laces completely so skater can slide toes all the way forward, you should only be able to get 1 finger behind heel
- Be sure skates are sharpened
- Sticks should generally come up to the chin with skates on.

Coming to the arena

- Forest Lake Arena has 2 rinks, Litchscheidl (Litch) and the Field House
- Your schedule will tell you which arena you are in
- When you get to the arena, there are displays showing what locker room the teams are in. Example: Mite 1 Gold, Fieldhouse locker room A
- At the Mite level several teams can be in the same locker room and it can be tight
- Moms and Dads are allowed in the locker rooms to help get kids dressed.
- No phones or cameras are allowed in the locker rooms.
- At the Squirt Level, parents are no longer allowed in the locker rooms
- Since the locker rooms are crowded it is good to get in the habit at the end of practice to take gear off and it goes right into the bag so gear doesn't get lost.
- If something gets lost it's usually in other teammates bag.
- There is a lost and found bin at the rink which any lost item might show up in.
- The Field House is the bubble and it does get cold.
- It is recommended to get thin liner gloves and hats for the Field House
- The Field House does have a cold weather rule of -10 in the thermometer in the Field House. Ice will get cancelled if below -10
- Once your kids are on the ice, it is recommended that you watch from the stands. Some kids pay too much attention to their parents who watch at ice level.
- You are not allowed to watch from the bench. You must be behind the glass

Locker Room Attendants

- Locker room attendants are required at FL Hockey
- Locker room attendants must pass a simple background check
- The back ground check can be found on MN Hockey web site
- Usually at the end of practice, the coaches are putting nets and cones away and the kids come off the ice. Unfortunately, this is when some issues may happen.
- The locker room attendants can nip this in the bud by being in the locker room

Have a concern or complaint?

Need to report a rules or code of conduct violation?

Here's what you need to know...

- Except in the case of physical abuse, please abide by the 24 hour cooling off period to directly address your concern.
- FL Hockey highly encourages you to make direct contact with the proper person of elevated authority with the Association. The levels in order are typically; Coach/Manager, Level Director, Rules & Ethics, FL Hockey Board Member. If you are not satisfied with the results after talking to someone in this chain, move up one level in the chain.
- The grievance process is a formal process outlined in FL Hockey documents that is most typically followed when the above process is exhausted. For example, if you fill out a grievance form and you have not talked to the coach/manager, level director, or rules & ethics committee member, it is likely that you will be asked to go back to the appropriate level to try to get resolution.
- The grievance process initiates a formal investigation by the Rules and Ethics Committee. A grievance committee is formed for that specific grievance and after the investigation, a meeting is held with the grievance committee and all parties involved. The committee shares its findings. The parties are given an opportunity to find resolution. If they cannot reach a resolution at that point, the committee will decide the resolution. Parties can appeal to District 2 of Minnesota Hockey if they disagree with the resolution.

Player and Parent Code of Conduct

- Persons of elevated authority within the FL Hockey Association have the authority to assess suspensions for player and parents.
- Up to 2 weeks for the first offense. Players and parents can ultimately be banned from FLHA permanently for continued violations.

Letter of Concern

- FLHA Rules and Ethics Committee is implementing a letter of concern form. This is to allow the above processes to be more accessible. The form follows the same rules outlined above.

More information can be found on the Forest Lake Hockey Website
At the time of this writing go to the Board Tab, then to Bylaws & Rules