Hockey

NEW PRAGUE TROJAN HOCKEY

2026-2027 Season

Mite / 8U Parent Meeting

Hockey Development Committee | Mite/8U Coordinator
mitecoordinator.npha@gmail.com
www.newpraguehockey.com

While We're Waiting

01 **USA Parents Hockey Video**

– Video link

02 **State of the State of Hockey**

– Video link

03 **Why Play Cross Ice Hockey?**

– Video link

04 **ADM Introduction Video**

– Video link

05 **NHL Analytics Tracking of 8U Hockey Players**

– Video link

06 **Fun Stuff**

– Video link

Agenda



Getting Started

- Some Logistics
- Welcome to NPHA
- Youth Hockey Structure



Resources & Signup

- Website and Parent Handbook
- Registration Information



Getting Involved

- Volunteer Requirements
- Fundraising
- Hockey Stuff



On the Ice

- Coach Expectations
- Parent Expectations
- Mite Program
- Hockey development and station-based (ADM) practice planning



Looking Ahead

- Save the Dates
- Questions?

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Logistics



Welcome to NPHA

01



Register

Are you registered? If so, congrats — you are now a member of the NPHA.

02



NPYHA Emails

Please read them — they carry the details you need all season.

03



Our Website

Get familiar with www.newpraguehockey.com.

04



Get Involved

Volunteers make OUR association work — and it makes the experience more enjoyable.

New to NPYHA? Join the New Family Buddy Program

newpraguehockey.com/about/youth-buddy-program/186729

Youth Hockey Structure

NEW PRAGUE TROJAN HOCKEY



Boys

Mites	Squirts	Peewees	Bantams	Junior Gold
8 and under	10 and under	12 and under	14 and under	18 and under



Girls

Mites / 8U	10U	12U	*15U*	*19U*
8 and under	10 and under	12 and under	*15 and under*	*19 and under*

Parent Handbook

Find it under the "Org Operating Docs" section of the website

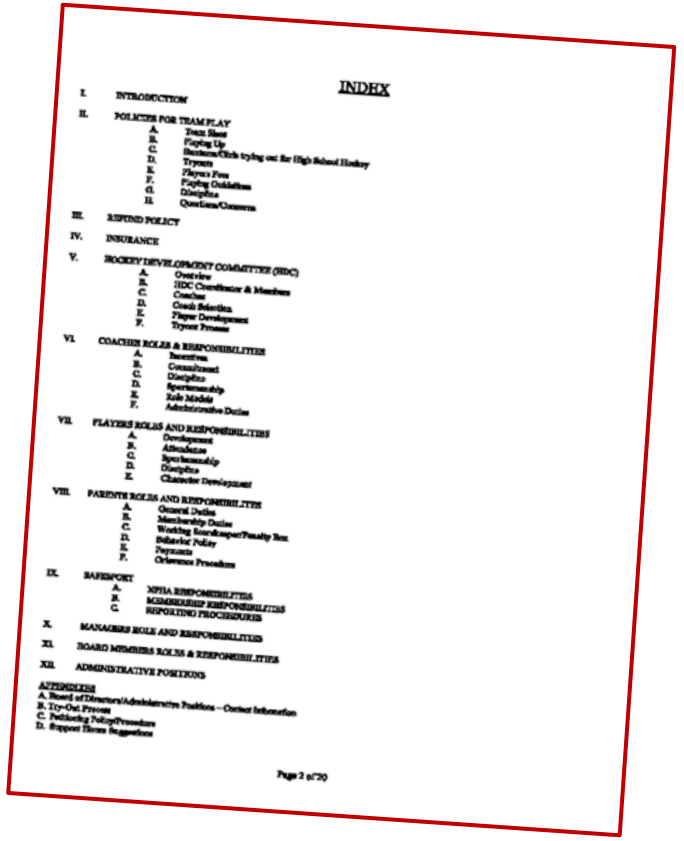
Parent guide to New Prague Hockey
The handbook is the parent guide to New Prague Hockey.

Who writes it
Developed by the NPHA Board of Directors and Hockey Development Committee (HDC).

Reviewed each year
Kept current so the guidance always reflects the season ahead.

What is inside
Goals, organization, policies, procedures, and duties for all NPHA members — all parents are to be familiar with and adhere to them.

Still have a question
Ask a board member; a list of NPHA Board of Directors is in Appendix A.



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Registration Information

REGISTRATION DEADLINE

December 14th

QUESTIONS? CONTACT

Erin Becka, NPHA Registrar
registrar@newpraguehockey.com

What registration covers

- ✓ Level 1, 2, 3/4
  All returning mites base rate $414.25, separate invoices to families placing above Mite1
- ✓ USA Hockey Confirmation number
- ✓ Volunteer / Fundraising Options
- ✓ Acceptance of Handbook
- ✓ Birth Certificates
  Upload into the registration portal or email Registrar

! NOTE **Raffle calendars are collected separately — date TBD**

Volunteer Requirements

22
hours required per family
Including first-year families

$15
per hour
Pre-approved student helper

$25
per hour
Concession buy-out rate

$50
per hour
Unclaimed hours billed



Work the concession stand – 11 hours

- Hire a pre-approved student for $15 an hour — names and contact info are in the concession stand.
- Contact Meghan Blonigen concession@newpraguehockey.com.
- Families may also buy out any or all concession hours at $25 per hour.
- **Need to complete training prior to working in the concession stand**



Claim other opportunities

- See the Dibs Tab on the website for other available opportunities.
- If you have more than one player, claim hours under the same player the entire season.

Please don't wait until the last minute to work your volunteer hours.

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Hockey Stuff



Coach Expectations - SafeSport

USA HOCKEY SAFESPORT

The safest possible environment — on and off the ice - incl. background check

Purpose

The USA Hockey SafeSport program was developed to give all participants (and their parents) confidence that they are playing our sport in the safest possible environment, both on and off the ice.

Policies in place

USA Hockey has implemented policies addressing certain types of abuse and misconduct, and certain policies intended to reduce, monitor and govern the areas where potential abuse and misconduct can occur.

SafeSport Program – Who Must Complete Training?



Coaches



Managers



Board Members



Coordinators



Locker Room Monitors

Squirts and older

Parent Access

Parents are able to access all the SafeSport training in the "Parents" section of our website.

USA Hockey Commitment

USA Hockey is committed to creating a safe and positive environment for participants' physical, emotional, and social development and ensuring that it promotes an environment free from abuse and misconduct.

USA Hockey, Minnesota Hockey, and NPHA have a ZERO TOLERANCE policy regarding all forms of abuse and/or misconduct.

SafeSport Program – Key Points



Applies to Everyone

SafeSport guidelines apply to all participants: parents, players, coaches and community members.



Locker Room Access

Players should not enter a locker room until a coach/locker room monitor is present.



No Electronic Devices

NO electronic devices are allowed in locker rooms (i.e. phones, cameras, etc.).



Mixed Gender Teams

Mixed gender teams will plan for separate changing times or have a "base layer" requirement.

Reporting & Enforcement

01

Reported & Investigated

Any misconduct on the part of a participant/s that violates these guidelines will be reported immediately and investigated by the NPHA SafeSport Coordinator with collaboration from the District 6 SafeSport Coordinator and/or the MN Hockey SafeSport Coordinator.

02

Referred to Law Enforcement

Misconduct that allegedly violates any legal statute (i.e. sexual abuse) will immediately be referred to local law enforcement agencies and NPHA SafeSport involvement will be suspended pending the outcome of the local law enforcement's investigation.

03

Reports Made in Bad Faith

A report made in "bad faith" may result in disciplinary action for the participant filing the allegation.

SafeSport Program – Potential Consequences

- Temporary Suspension
- Permanent Suspension
- Removal from all NPHA sponsored events
- Referral to law enforcement authorities
- Legal charges
- Permanent criminal record



Potential Consequences

Severity increases with the nature of the violation.

Parent Expectations

Support your player

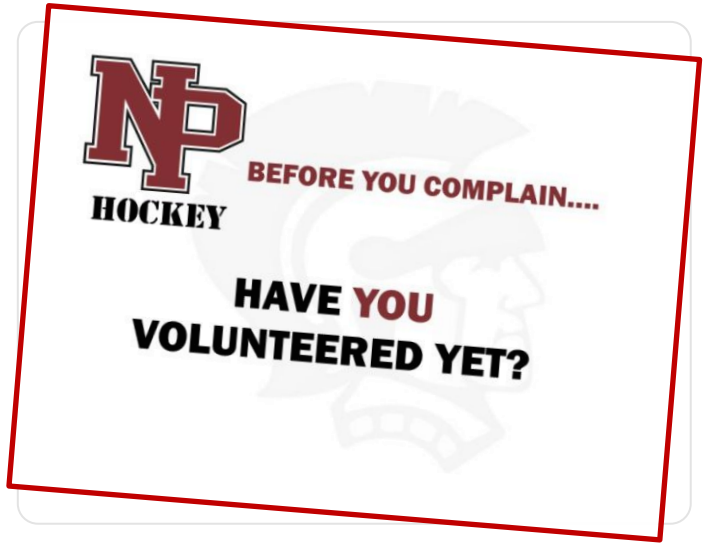
Keep encouragement positive.

Support the coaches

Show respect, volunteer and communicate.

Reinforce player expectations

Try your best
Have fun
Be a good teammate
Listen to the coaches



Please make sure player siblings are supervised during practices and games. They should not be in locker rooms, or other restricted areas.

Mite/8U Program

LEVEL 1

Mite/8U Level 1 –

Fun, Competition, learn the Core Basics of skating and hockey skills.

We want players to want to come to the rink, every day. At the end of the season, being on the ice should be 'second nature.' Practices are run using station-based practice plans (USA Hockey ADM).

LEVEL 2

Mite/8U Level 2 -

Fun, Competition, transition to advanced skating and hockey skills as well as cross ice games.

At the end of the season we want to start seeing skaters developing into 'hockey players' that understand how to play as a team. Practices are run using station-based practice plans (USA Hockey ADM).

LEVEL 3/4

Mite/8U Level 3/4 -

Up to 10 full ice games allowed after January 1st.

There will be an intentional focus on advanced skill work and team concepts while playing District 6 half and full ice games. At the end of the season we want players ready for Squirt/10U-level (traveling) hockey.

ACROSS ALL LEVELS

Try your best

It's more fun!

Be a good teammate

Paying attention, ready for your rep, positive attitudes

Listen to coaches

Coaches will allocate their time where it will make the biggest impact for all players

Mite/8U Program - How are teams selected?

Mite teams are selected based on age AND ability.

Mite Placements

Our philosophy is that kids develop best when competing against players of like ability.

Too wide a skill range limits top and bottom growth—both top and bottom players get bored and disinterested.

Placements are run by HDC

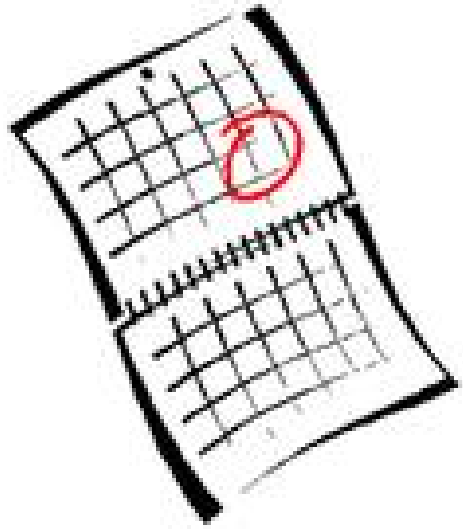
Non-parent evaluators are utilized for placements.

Evaluations are scored using Team Genius software



Mite/8U Program - Placement Schedule

Date	Begin	End	Group
24-Oct	10:10am	10:55am	Girls
24-Oct	11:10am	11:55am	2nd-3rd Boys A-G
24-Oct	12:10pm	12:55pm	2nd-3rd Boys H-Z
24-Oct	1:10pm	1:55pm	1st/younger Boys A-J
24-Oct	2:10pm	2:55pm	1st/younger Boys K-Z
25-Oct	8:30am	9:00am	Girls
25-Oct	9:10am	9:50am	2nd-3rd Boys TBD
25-Oct	10:00am	10:40am	2nd-3rd Boys TBD
25-Oct	10:50am	11:20am	1st/younger Boys TBD
25-Oct	11:20am	11:50am	1st/younger Boys TBD



10/24 alphabetical order is based on LAST NAME
An email will be sent the evening of 10/24 with your player's session assignment for 10/25

10/31/26 – Team practices begin

Mite/8U Program - What do you need for placements?

What to bring

1. Full Mite gear including neck guard and mouth guard

2. White, black, or Trojan colored socks

3. White or black practice jersey

4. Pinnies will be handed out the first day at check-in

GENERAL EQUIPMENT QUESTIONS?

Eric Wangen, NPHA Equipment Coordinator

equipmentcoordinatornpha@gmail.com





Mite/8U Program - Equipment

Shin Guards
– Check for proper lengths so they protect from knee to skate.

Hockey Socks
– Team colored socks will be provided.

Hockey Pants / Breezers
– Held in proper position by suspenders or a belt. Pants provide protection for the lower spine, hips and thighs.

Helmet and Facemask
– Must be of a design and construction approved by the Hockey Equipment Certification Council (HECC). Must be sized at the time of purchase to fit properly. The chin strap must always be fastened. Check screws monthly to be sure they are tight.

Shoulder Pads
– Adjust to fit the individual at the time of purchase. A fiber cap is extremely important in preventing shoulder separations and should extend to the tip of the shoulder.

Elbow Pads
– Properly fitted so they do not slide.

Jersey
– Team colored jerseys will be provided.



Gloves
– Check for proper fit with good finger and hand mobility.

Stick
– Length should generally extend from the ice to the players chin (with skates on) or from the ground to the player's nose (with skates off). Quality and price differ greatly, so the choice is yours. Too short or too long of a stick impedes development.

Mouth guard
– Required for players in NPHA. District 6 requires a tethered mouth guard.

Neck guard
– Required for players in NPHA. District 6 requires neck guards.

Supporter and Cup/ Pelvic Protector
– Essential protective equipment. Girls also require protection.

Skates
– Purchase skates that will fit your child today with no more than ½" allowed for growth. Seek adequate protection in the ankle, toe and instep areas. Improperly fitted skates will hamper your child's ability to skate. Properly fitted skates are critical to developing a good skating stride.

Mission: Get more American kids to play, love and excel in hockey.

$5,000,000

NHL investment in USA Hockey development

Who is behind the Development of ADM?

NHL funded USA Hockey and it's development to the tune of $5,000,000! The NHL wanted to develop more and better USA born hockey players.

Why ADM at Mite/8U Level?

30 seconds

puck on stick in a one-hour game

20+ minutes

puck touches via station practice

60x

more puck time in practice than a game

Develop the Player

- Develop a passion for our sport first – we want them to **want to come to the rink**
- Resource utilization
- **Keep things moving** and keep players active and interested

Minimize 'standing in line'

- In a one hour game, the average youth player has the puck on his or her stick for 30 seconds
- **Increase "puck touches"** by utilizing station practice method to 20 plus minutes
- That is 60 times more puck time in practice than in a game!

Cross-Ice Games for all Mites

- Increase **puck time and play time**
- Skating skills repetition
- Increase the **competition**
- Reduce the time and space, increase the decision making (**hockey sense**)
- Playing surface fits the size of our players

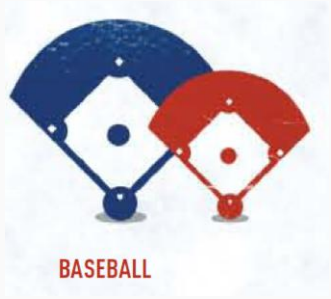
Playing Surface to fit the Player…Other Sports Do It Too



SOCCER

A pro-size ball measures 28 inches, while a youth-size ball measures 24 inches.

Field size for U-8 runs between (20yds TO 25yds) & (30yds TO 40yds) while the pro-size International field is between (70yds TO 80yds) & (110yds TO 120yds)



BASEBALL

In pro baseball, the distance from the pitcher's mound to home plate is 60'6", while in Little League it's only 46 feet.

Pro base lines are 90 feet while Little League the base line are 60 feet.

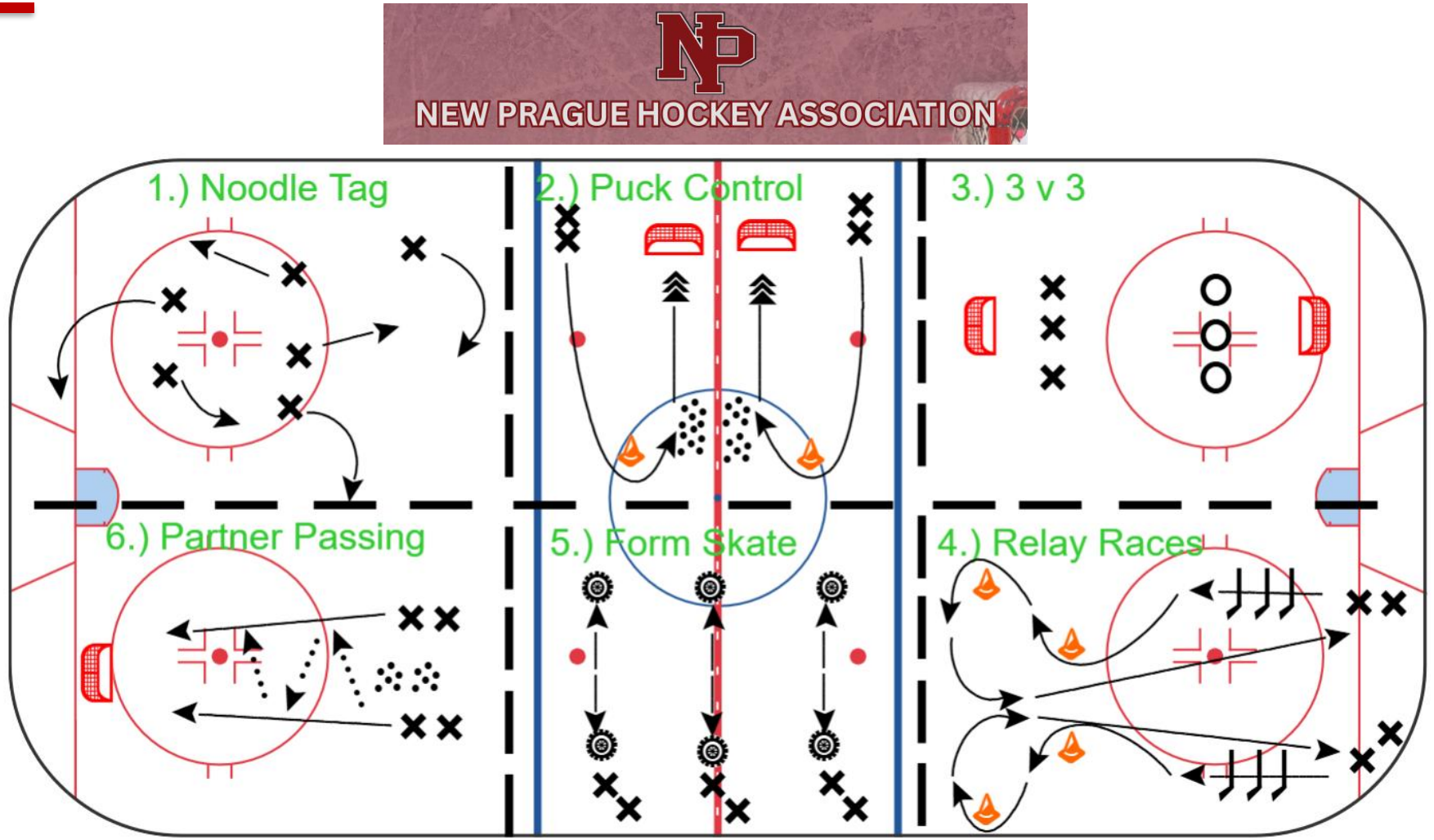


BASKETBALL

A pro basketball hoop measures 10 feet high. Younger kids play with a hoop that's as much as 2 feet lower.

They also play cross court.

What will my weekends look like?



Key Dates Upcoming

01
Coach/Manager Meeting

02
Parent Meeting with your Team

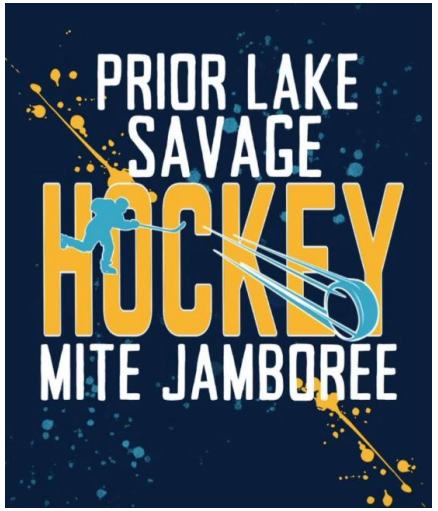
03
Team Pictures

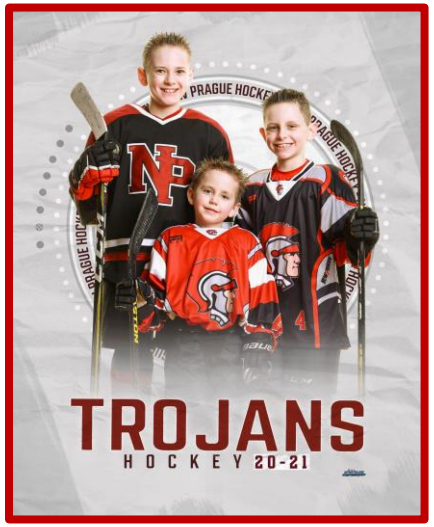
04
Skate during intermission Varsity game

05
Scrimmages

Jamborees

- Shakopee Saber Showdown (December)
- Prior Lake Jamboree (March)
- Other possibilities (Waconia, Northfield)





Thank You!

Mite Committee

Elsa Shorey, Luke Witt

Troy Pint, Lucas Henry

Colton Borwege, Brad Drazan

Tanner Smith

Registrar

Erin Becka

Equipment Coordinator

Eric Wangen

Preseason Clinic Coaches

Thank you to all coaches who helped!

Parents!

Questions ?

NEW PRAGUE TROJAN HOCKEY

Thank you for coming

See you at the rink!

NEW PRAGUE
TROJAN HOCKEY

Appendix



Welcome to NPHA - Administrative Structure

Board of Directors

- Elected by association members (YOU) at the end of every season. The board meets every second Wednesday at the New Prague Fire Station. Any special board meetings are advertised to the membership via email. All are welcome to attend the board meetings.

Coordinators - Appointed by the Board of Directors

Safe Sport Coordinator	Equipment Coordinator	Outdoor Rink Coordinator	Ice Time Coordinator
Raffle Calendar Coordinator	Hockey Fest Coordinator	Sponsor Coordinator	Volunteer Coordinator
Concession Stand Coordinator	Clothing and Apparel Coordinator	Hockey Development Committee (HDC) Coordinator	Mite/8U Committee

Youth Hockey Structure

USA Hockey www.usahockey.com

ADM Kids www.admkids.com

Minnesota Hockey www.minnesotahockey.org

District 6 www.d6hockey.com

New Prague Hockey www.newpraguehockey.com

Use these websites to educate yourself on the sport and the opportunities there are for you son/daughter in hockey.

www.newpraguehockey.com

- Schedule
- Team Information
- Dibs (Volunteer Hours)
- Contact Information
- Documents



ANDROID APP ON Google play

Available on the App Store

sportsengine

*** For easier access to team information, download the SportsEngine app ***

Adding A Guardian to Sports Engine

The parent that completed the player registration is the only parent who will have “guardian” status on their SE account. The parent with Guardian status can add additional guardians to their children’s accounts.

1. While in the SE app on your mobile device, click on the "Account" button at the bottom right hand of the screen.

2. Then select the player name.

3. Then click on the "Guardian" button on the bottom left hand side of the screen.

4. Then click "Add Guardian" and enter the additional parent's email address

Following these steps will allow an additional parent to see the team schedule, team chat, and receive association emails.

Registration Information - Mite/8U Hockey Season Costs (Single Child Estimate)

Mite 1	Pre K,K,1	$270	$17	$50	$350	$300	**~$990**	**~$385**
Mite 2	1,2	$350	$56	$50	$350	$300	**$1,085**	**~$475**
Mite 3/4 & 8U	2,3	$425	$69	$50	$350	$300	**$1,160**	**~$565**

** Fundraising is not all or nothing. Any amount of fundraising can be completed to lower out of pocket costs.

USA Hockey Fee:

This fee is paid directly to USA Hockey. This helps pay for insurance, coaching education, coaching materials.

New Prague Community Center User Fee:

When the New Prague Area Community Center (NPACC) was built, the NPHA committed to requiring a $50 annual user fee from all of its members, to be given to the NPACC to help with operating costs. Once a family has reached $500, they are no longer required to pay the annual user fee. This fee is not refundable.

New mites are registered as Level 1 and pay no Registration Fee. Appropriate adjustments to upper levels will be made following placements.
If you registered for a lower level than where your son/daughter is placed an invoice will be sent for the additional fee.
Similarly, if you registered for an upper level you will receive a refund for the difference if your son or daughter is placed on a lower level team.

Volunteer Requirements - Other Volunteer Opportunities

1. Board Member
2. Coach
3. Outdoor Rink
4. Team Manager
5. Various Coordinator Positions
6. Help with turn in or distribution of fundraising items

Fundraising

Wreaths/Cookie Dough/Heggies/ FireSide Pizza Odenthal Meats Fundraiser

- If you are a new family to hockey you are exempt from this fundraiser.
- It is mandatory to fundraise or "buy out" for ½ price.
- You can over sell to reduce your skater fee.

Each family is required to sell

$700 per player or **$900** per family.

"Buy out", payable at the time of registration

$350 per player or **$450** per family

Raffle Calendar Fundraiser

Fee, paid at registration

$300 per family, except for families who *ONLY* have a brand-new Mite/8U player this season. Those families the fee is **$100**.

Earn it back

Any monies earned through the sale of each calendar (**$20 per calendar**) is to be kept by the player's family.

- This fee is required for ALL families, but families can earn this money back by selling the raffle calendars to their family and friends.
- You paid for the calendars at registration.
- They will be handed out in November, see your team manager for details.

35%

of NPHA income

Fundraisers are the largest portion of NPHA income (35%), followed by registration and concessions.

Fundraising keeps our registration costs amongst the cheapest in the area.

SafeSport Program – Contact Information

If any SafeSport concerns are noted contact immediately via phone or email:

Chelsea Casey
SafeSport Coordinator, NPHA Member
(952) 215-4351

Scott Gray
SafeSport Coordinator, Minnesota Hockey
(612) 685-0406

New Prague Police Department
911 or (952) 758-2791

Scott County Human Services
(952) 445-7751

Note: A mandated reporter who knows or has reason to believe that a child is or has been neglected or physically/sexually abused and fails to report is guilty of a misdemeanor.

SafeSport Program – What is Addressed?

What topics will the SafeSport Program address?

- Sexual Abuse
- Physical Abuse
- Emotional Abuse
- Bullying, Threats and Harassment
- Hazing
- Locker room, social media, and travel guidelines

What topics does the SafeSport Program NOT address?

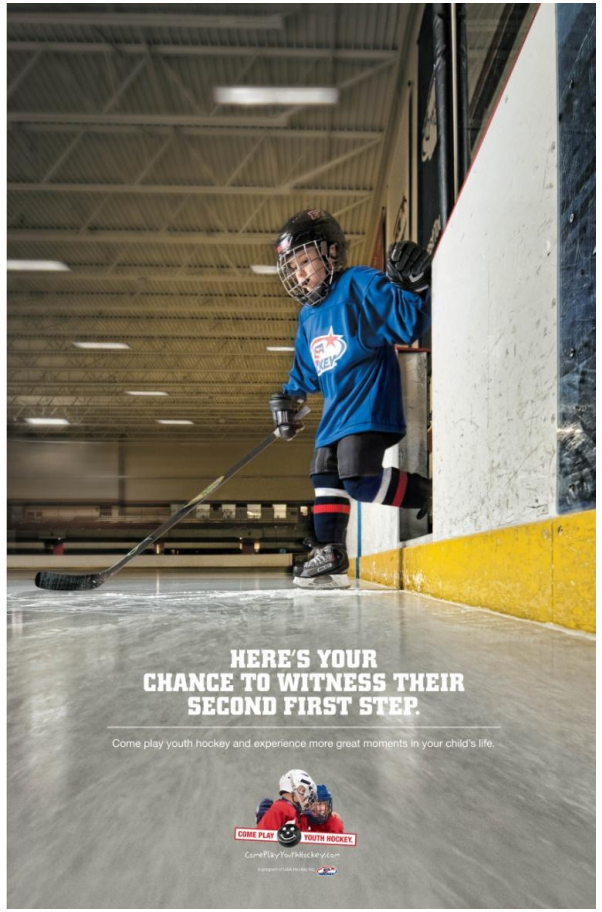
- Coaching Style
- Structure/Plan of Game Play
- Distribution of Playing Time
- Player Position Assignments
- Disputes between parent/player expectations and coaches expectations
- Incidents that occur outside the realm of NPHA activities (i.e. neighborhood, etc.)

****Please Note: Issues not related to abuse or misconduct are treated as "grievances" between parties. Procedures for addressing grievances are defined in the NPHA Parent Handbook. Please refer to this document for more information.**

Parent Expectations - Keeping Things in Perspective

Balance is a MUST!

- Don't participate in Hockey to get your child a college scholarship or an NHL contract. You would be better off putting all the money you are going to spend on hockey in a college fund.
- Hockey (sports) help develop your son/daughter as a well rounded person.
- Help minimize the "Rumor Mill" in the lobby by not participating. Ask someone who should know (Board or HDC member).
- Encourage participation in other sports – makes for a well rounded athlete.
- Keep long term health and happiness of your child in mind at all times – helps keep perspective .
- Your hockey experience is a journey, enjoy the journey. The journey is the reward.
- Hockey is just part of your child's youth sports and education experience.



Mite/8U Program - Anticipated Teams

Mite 1	Mite 2	Mite 3/4
Mite 11	Mite 21	Mite 31
Mite 12	Mite 22	Mite 32
Mite 13	Mite 23	Mite 33
Mite/Girls 6U 14	Mite/Girls 8U 24	Girls 8U 34

Mite/8U Program – HDC Philosophy

1. To instill a **love** for the game of hockey in our players is our highest priority
2. Development of individual skills is second
3. Use the American Development Model (ADM)
4. Play multiple sports at young age (we want athletes)
5. Place players on teams of like ability, not just age

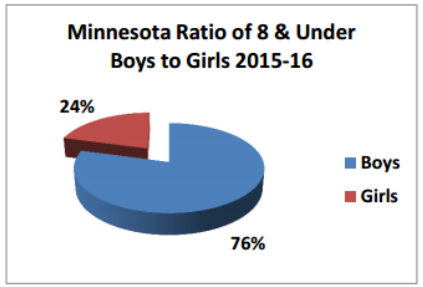


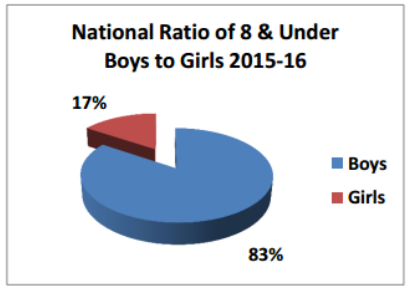
If your son/daughter loves the game and has mastered skating for their level coming out of mites, their potential is unlimited!

Mite/8U Program – HDC Philosophy

Place players on teams of like ability – Why?

1. Allows players to experience success and failure
2. Keeps players interested
3. Provides for development across the board
4. Provides good opportunity for competitive exercises
5. Builds player confidence
6. Allow players to develop at their own pace
7. Keep the kids coming back!





RETENTION INCREASES WITH AGE

Youth hockey retention increases with both age and seasons accrued. While retention rates increase from 10 & under on up, the overall growth of hockey relies on acquiring more 8 & under players.

Minnesota's retention results for 2015-16 by age segment:

38.1% of all 4 Year Olds returned as 5 Year Olds	National Average 38.5%
62.2% of all 5 Year Olds returned as 6 Year Olds	National Average 56.2%
76.9% of all 6 Year Olds returned as 7 Year Olds	National Average 70.7%
82.7% of all 7 Year Olds returned as 8 Year Olds	National Average 77.2%
90.0% of all 10 & Under returned in 2015-16	National Average 86.3%
95.7% of all 12 & Under returned in 2015-16	National Average 92.1%
97.7% of all 14 & Under returned in 2015-16	National Average 95.0%

Mite/8U Ice Utilization

Stations & Players

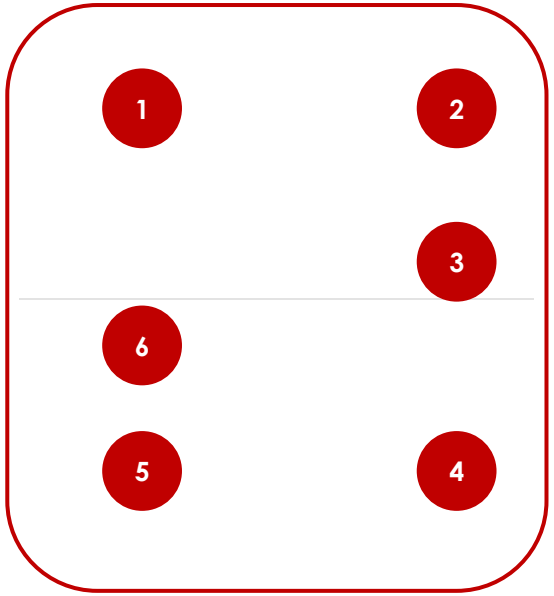
5 or 6 Stations, approximately 40 players (40 – 60 players says USA Hockey)

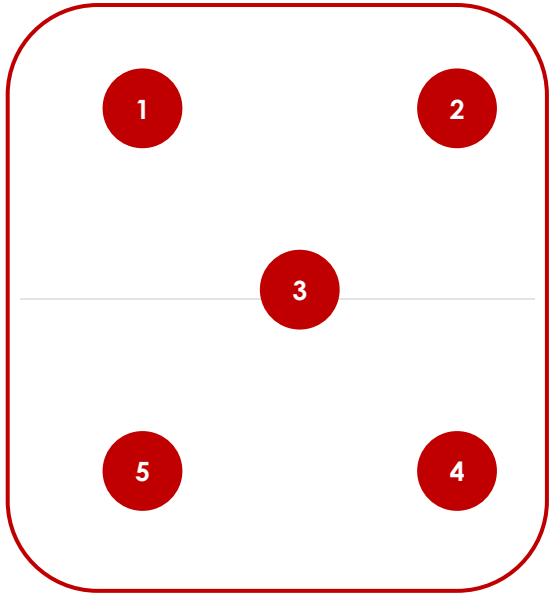
Station Mix

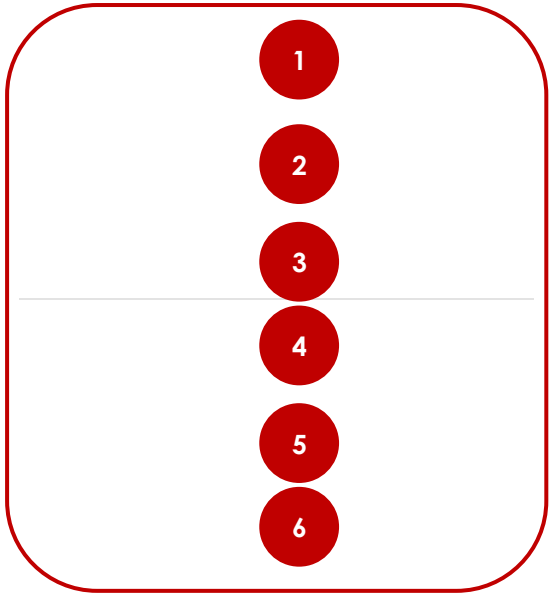
1 station of ABC's (agility, balance, coordination & speed), 1 station of puck control, 1 station of passing or shooting, 1 station of hockey play (1v1, 2v2, 3v3), 2 stations with a skating emphasis

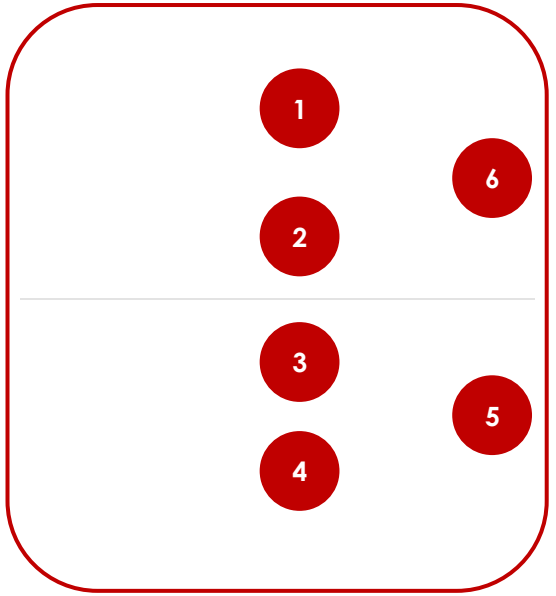
Games / Play Format

Of the 5-6 stations 2-3 are always done in a 'games/play' format…"Play is the key to unlock extended effort at repetition"









Optimal Window of Trainability – 8U Mites

Optimal Window

The Optimal Window of Trainability for 8U Mites is for speed and flexibility

On-Ice Focus

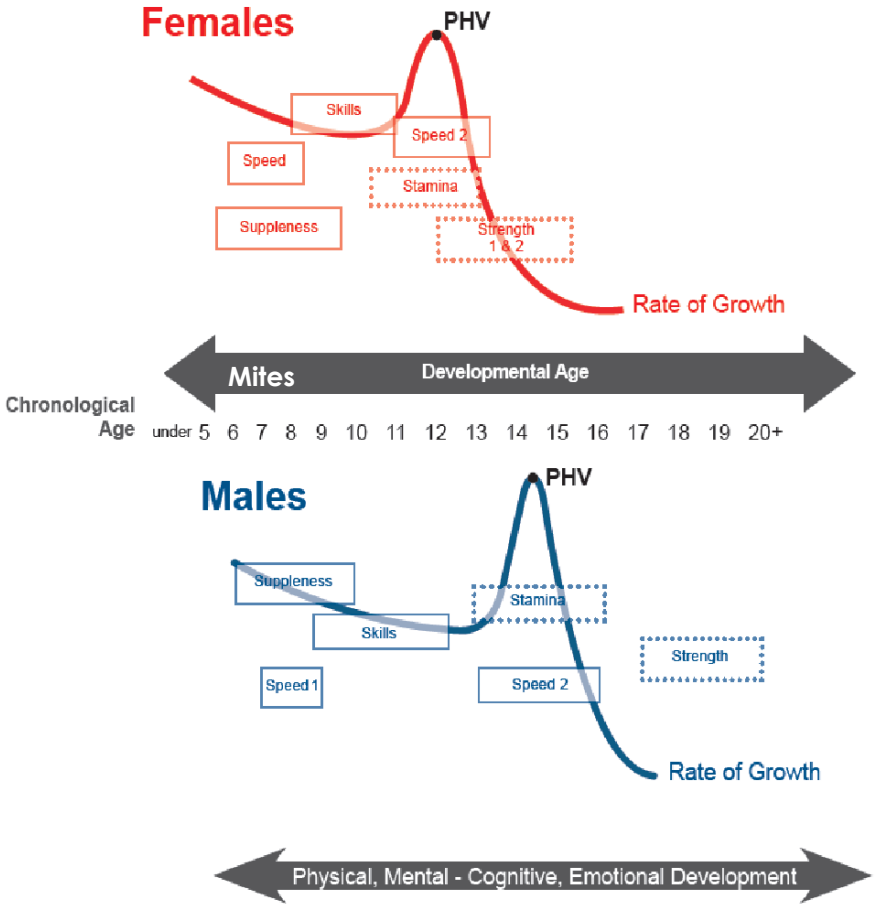
On-ice focus for Mites is on Fundamental Movement Skills and ABC's

Off-Ice Focus

Off-ice focus is on coordination, balance, flexibility and speed

Speed Training

Speed training can also be included on the ice in the form of races and tagging games



ADM for Mites/8U @ New Prague

2-3
Ice/dry land sessions per week

60 min
ice sessions

4 month
season

48
Up to 48 skaters on the ice (6-8 skaters per group)

Lower Mites

Lower mites play combination of cross and half ice

Upper Mites

Upper mites play combination of half and full ice

Season Practice Plans

Coaches have set practice plans for the entire season to ensure no one is left behind