



**2025-2026
Season**

Mite / 8U Parent Meeting

Hockey

New Prague Hockey Association

www.newpraguehockey.com

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

While We're Waiting

- [USA Parents Hockey Video](#)
- [State of the State of Hockey](#)
- [Why Play Cross Ice Hockey?](#)
- [ADM Introduction Video](#)
- [NHL Analytics Tracking of 8U Hockey Players](#)
- [Fun Stuff](#)

Agenda

- ❑ Some Logistics
 - ❑ Welcome to NPHA
 - ❑ Youth Hockey Structure
 - ❑ Website and Parent Handbook
 - ❑ Registration Information
 - ❑ Volunteer Requirements
 - ❑ Fundraising
- ❑ Hockey Stuff
 - ❑ Coach Expectations
 - ❑ Parent Expectations
 - ❑ Mite Program
 - ❑ Hockey development and station-based (ADM) practice planning
 - ❑ Save the Dates
- ❑ Questions?

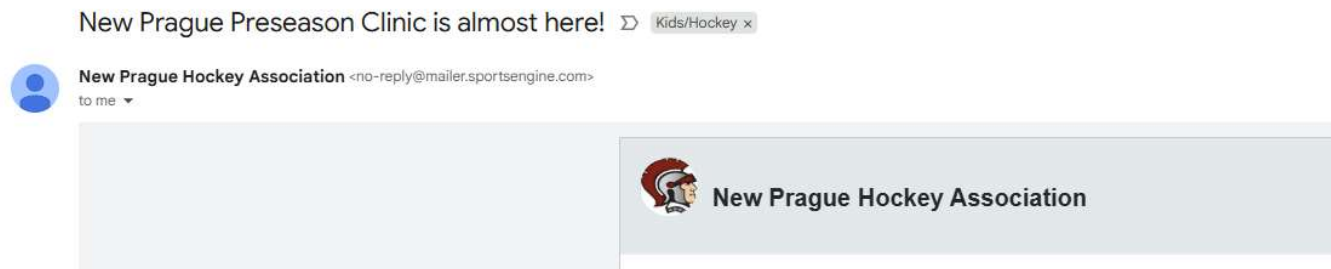


Logistics

Welcome to NPHA

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

- NPYHA Emails



- Please read!
- Get familiar with our website www.newpraguehockey.com
- Get involved!
 - Volunteers make OUR association work
 - It makes the experience more enjoyable

Youth Hockey Structure

Boys

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

Girls

- Mites / 8U (8 and under)
- 10U (10 and under)
- 12U (12 and under)
- ~~15U (15 and under)~~
- ~~19U (19 and under)~~

Parent Handbook

Parent Handbook is located under “Org Operating Docs” section of website

- ❑ Parent guide to New Prague Hockey
 - ❑ Developed by the NPHA Board of Directors and Hockey Development Committee (HDC)
 - ❑ Reviewed each year
- ❑ Its intent is to provide the goals, organization, policies, procedures, and duties to all NPHA members.
- ❑ All parents are to be familiar and adhere to the policies and procedures outlined.
- ❑ If at any time a parent or player has a question that is not addressed in the Parent Handbook, please ask a board member.
 - ❑ A list of NPHA Board of Directors can be found in Appendix A.

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Registration Information

Erin Becka, NPHA Registrar
registrar.npha@gmail.com



- Deadline is December 14th
- Level 1, 2, 3/4
- USA Hockey Confirmation number
- Purchase of raffle calendars
- Volunteer / Fundraising Options
- Acceptance of Handbook
- Birth Certificates
- Waivers

Volunteer Requirements

Volunteer hours can be fulfilled by:

22 Hours

1. Working in the concession stand

1. If you want to hire a pre-approved student, the cost is \$15 an hour. Approved students names and contact info are in the concession stand or contact Meghan Blonigen at

NPHAconcessionstand@gmail.com.

2. A family can also “buy out” any or all of their concession stand hours, at the current “buy out” rate of \$25 per hour.

2. See the Dibs Tab on the website for other available opportunities.

3. Please don't wait until the last minute to work your volunteer hours. Each family is required to work 22 hours. INCLUDING FIRST YEAR FAMILIES.

4. If you have more than one player, claim hours under the same player the entire season.

5. Unclaimed hours will be billed at \$50 per hour.



Hockey Stuff



NEW 1 PRAGUE
T R O J A N H O C K E Y



New Prague Hockey Association

Coach Expectations - SafeSport

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.



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?

Who Must Complete SafeSport Training?

- Coaches
- Managers
- Board Members
- Coordinators
- Locker Room Monitors (Squirts and older)

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

USA Hockey is committed to creating a safe and positive environment for its participants’ physical, emotional, and social development and to 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

Key Points

- SafeSport guidelines apply to all participants: parents, players, coaches and community members.
- Players should not enter a locker room until a coach/locker room monitor is present.
- NO electronic devices are allowed in locker rooms (i.e. phones, cameras, etc.).
- Mixed gender teams will plan for separate changing times or have a “base layer” requirement.
- 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.
- 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.
- A report made in “bad faith” may result in disciplinary action for the participant filing the allegation.

SafeSport Program – Potential Consequences

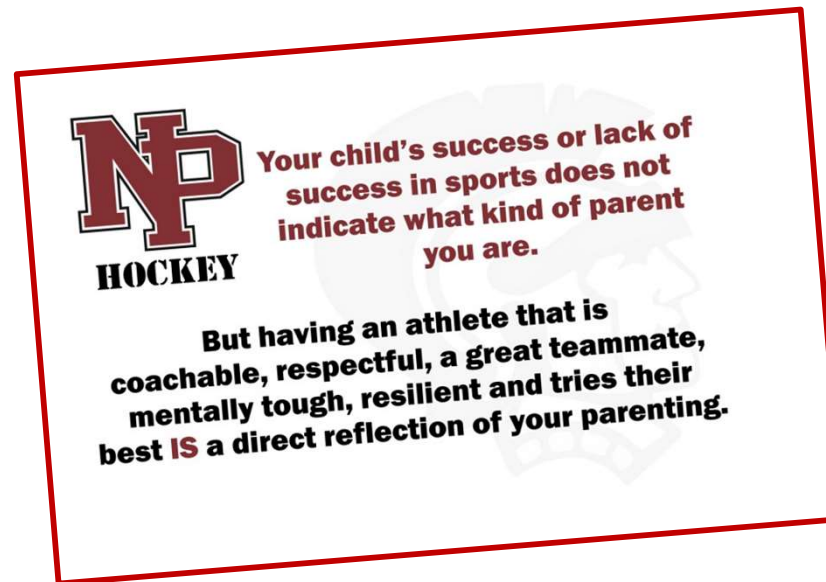
Potential Consequences

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



Parent Expectations

- P** is for **P**raising, which your child needs often.
- A** is for **A**ccepting decisions that are made.
- R** is for **R**espect of coaches, players, parents and officials.
- E** is for **E**ncouraging healthy competition.
- N** is for **N**eeding to be positive
- T** is for **T**ime, putting your time into the program.
- S** is for **S**miling at the growth.



[Relax, It's Just A Game](#)

Mite/8U Program

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).

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).

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.



Mite/8U Program - How are teams selected?

- Mite Placements
 - Mite teams are selected based on age AND ability.
- 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	Session 1	Session 2	Session 3	Session 4
11/01/25	10:00 AM	11:15 AM	12:30 PM	1:45 PM
11/02/25	10:00 AM	11:00 AM	12:00 PM	1:00 PM

* Look for an email that indicates which session to attend.



- **11/08/24 – Team practices begin**

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

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



Mite Rental Gear 10/30 6-8pm

Bring \$216 check

Still need mouth guard, skate guards, jock/jill, neck guard



Mite/8U Program - Equipment

1. **Shin Guards** – Check for proper lengths so they protect from knee to skate.
2. **Hockey Socks** – Team colored socks will be provided.
3. **Hockey Pants / Breezers** – Held in proper position by suspenders or a belt. Pants provide protection for the lower spine, hips and thighs.
4. **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.
5. **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.
6. **Elbow Pads** – Properly fitted so they do not slide.
7. **Jersey** – Team colored jerseys will be provided.
8. **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.
9. **Gloves** – Check for proper fit with good finger and hand mobility.
10. **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.
11. **Mouth guard** – Required for players in NPHA. District 6 requires a tethered mouth guard.
12. **Neck guard** – Required for players in NPHA. District 6 requires neck guards.
13. **Supporter and Cup/ Pelvic Protector** – Essential protective equipment. Girls also require protection.





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

Who is behind the Development of ADM?

NHL funded USA Hockey and its 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?

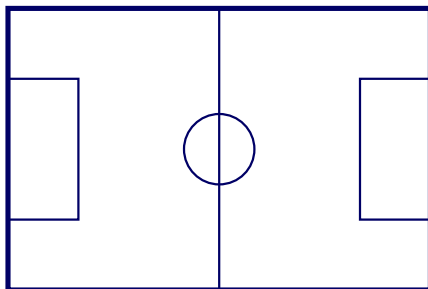
- Develop a passion for our sport first – we want them to **want to come to the rink**
- Resource utilization
 - **Keep things moving** and keep players active and interested
 - Minimize 'standing in line'
- In a one hour game, the average youth player has the puck on his or her stick for 30 seconds
 - **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

[From Child's View, Parents Find Full-Ice Hockey No Fun](#)



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

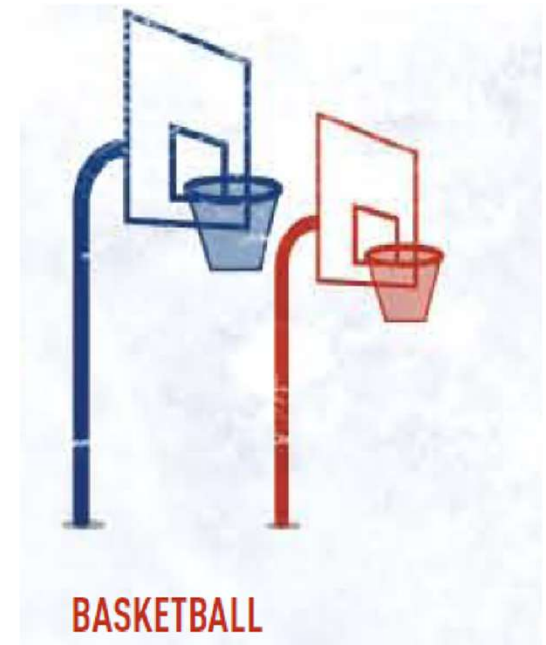


Field size for U-8 runs between (20yds TO 25yds) & (30yds TO 40yds) while the pro-size International field is between (70yds TO 80yds) & (110yds TO 120yds)



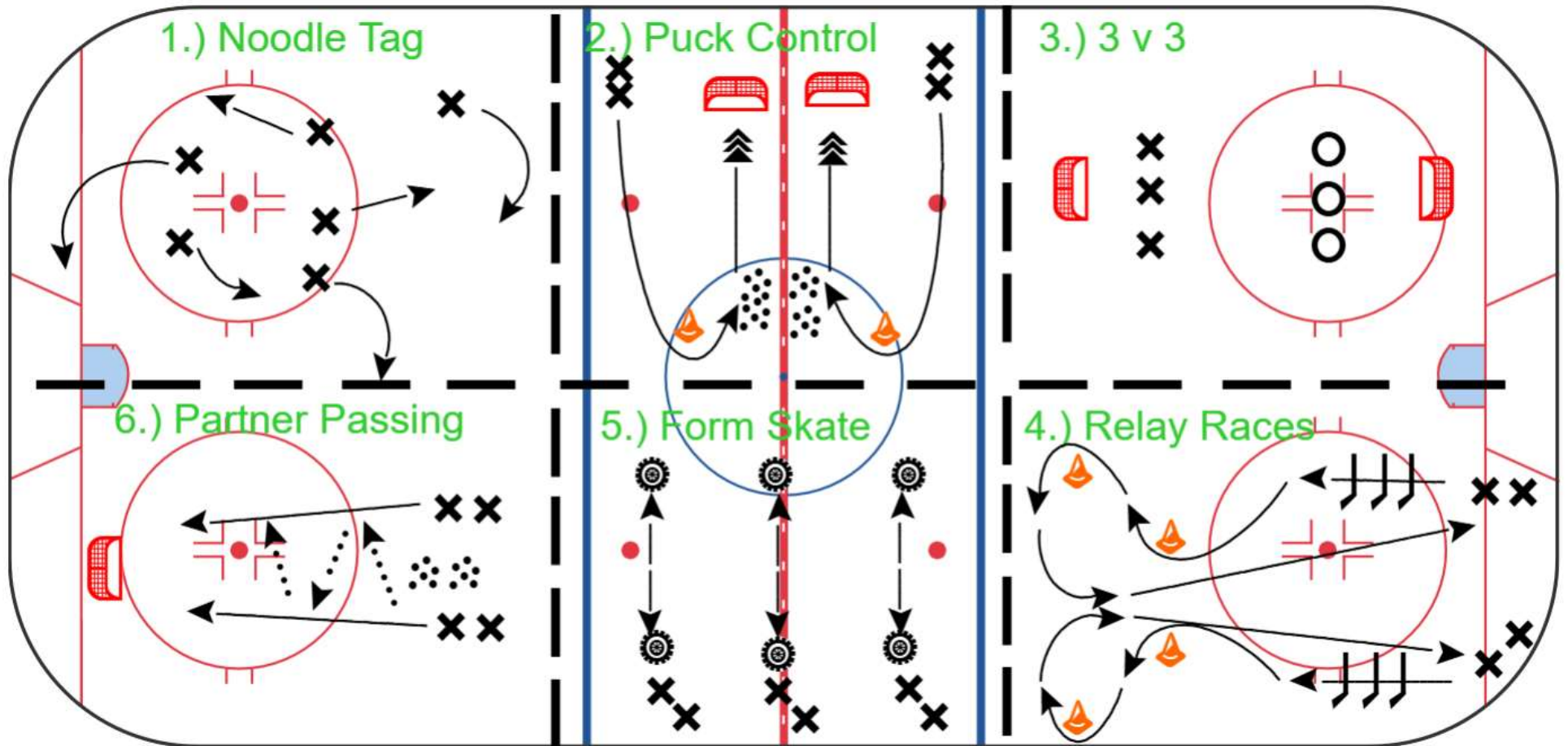
In pro baseball, the distance from the pitcher's mound to home plate is 60'6", while in Little League it's only 46 feet.

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

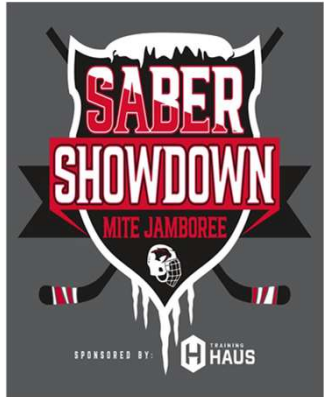
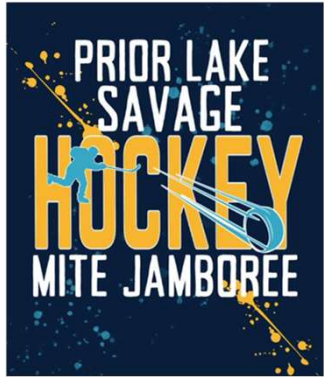


A pro basketball hoop measures 10 feet high. Younger kids play with a hoop that's as much as 2 feet lower. They also play cross court.

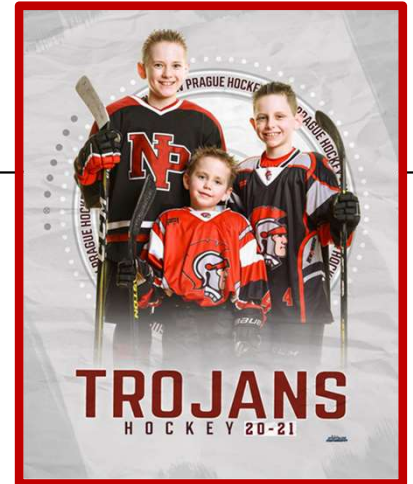
What will my weekends look like?



Key Dates Upcoming



- Coach/Manager Meeting
- Parent Meeting with your Team
- Team Pictures
- Skate during intermission Varsity game
- Scrimmages
- Jamborees
 - Shakopee Saber Showdown (December)
 - Prior Lake Jamboree (March)
 - Possible other adds



Questions ?



Thank you for coming
See you at the rink!