



New

PARENT *Handbook*

★ 2024-25 ★

*A helpful guide for creating a
great youth hockey experience*



OVERHEARD AT THE RINK



"These past 10 years of hockey with my son have been the best years. Wouldn't change a thing. The lessons they have learned, the ups and downs, friendships made, bonds for life, awesome family, a great way to prepare them for life!" —JANI WATROUS

"Air out their equipment. You have no idea how important this is but you soon will if you don't." —ADAM ROSS

"As a mom of an 18U player, it goes fast. Enjoy every second of it. Hockey families are friends for a lifetime." —MICHELLE MEYER-GRANT

"Let them try every position... even goalie!"

—MICHELE MUSCAT MOSTEK

"Buy as much used gear as you can, and don't be afraid to ask others for help. It's okay to cheer loud and introduce yourself to other parents. They might be feeling out of their element too."

—STEPHANIE RATHERT

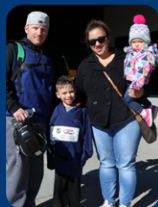


"After each time on the ice, our first question is always, 'Did you have fun?'"

—ANNE GAVIN

"You will make mistakes. You will forget the game jersey. You will tie the skates too tight or not tight enough. Their socks will fall down no matter how much tape you use. You will work up more of a sweat getting them dressed than they will out on the ice. And before you know it they won't need you at all. Love every crazy moment of it because there is nothing else like it in the world."

—PAUL ALLIE DICKINSON



Welcome to USA Hockey

Whether it's volunteering at the rink with other parents, or watching your child skate with neighborhood friends, hockey can provide a lifetime of great moments and fun.

As the national governing body for ice hockey in the United States, **USA Hockey is here to help you make the most of it.**

PARENT HANDBOOK

— 2024-25 —



YOUTH HOCKEY

is our focus.



About USA Hockey

FOUNDED IN 1937, USA Hockey provides the foundation for ice hockey in America and today includes more than one million players, coaches, officials and volunteers. We are the official representative to the U.S. Olympic and Paralympic Committee and the International Ice Hockey Federation. In this role, we organize and train teams for international competitions, including the Olympic and Paralympic Winter Games and IIHF World Championships. We also work closely with the NHL, PWHL, and NCAA.

WE AIM TO HELP EVERY PLAYER reach their full potential through engaging, safe and fun programs that maximize development. We help young people become leaders, even Olympic or Paralympic heroes, and we connect the game at every level, promoting a life-long love of the sport. Our primary emphasis is on the support and development of grassroots hockey programs. Your registration with USA Hockey aligns you and your hockey-playing child with a powerful advocate that is completely dedicated to you and to making hockey a great experience for every player.



Always move on the **Plus** Side.

Coverage goes with you.
In any car. Anywhere.

Visit AAA.com/PlusSide



HOCKEY IS FUN FOR YOUR CHILD

USA HOCKEY LAUNCHED the American Development Model in 2009, providing a framework for optimal athlete development. Since then, USA Hockey has continued to build upon the framework, implementing best practices nationwide through a network of volunteers, in order to ensure that every child has the opportunity to experience fun in hockey.

By giving your child the USA Hockey experience, you're setting them up for long-term success. It's proven programming, built on research and data from leading hockey nations, sport scientists, coaches and educators. As the parent of a USA Hockey athlete, you know that your coach has participated in Coaching Education Program training and has access to our extensive resources. You also know officials at your games have been trained and passed the USA Hockey rules test, and that your coach and any adults with your team have been Safe Sport trained and have passed a background check. The foundation we've created for ice hockey gives parents the confidence that their child can have a fun and safe sports experience.

Hockey is fun. USA Hockey believes in letting kids be kids. We believe that kids and their families should get the most out of hockey without feeling undue pressure. We believe in community-based youth hockey. We believe in keeping kids



As the basis for youth hockey in the U.S., the ADM provides:

- Age-specific, age-appropriate development.
- An opportunity to efficiently learn and refine essential skills with a healthy balance between competition and development.
- A sensible practice-to-game ratio that encourages efficient player development.
- High-performance practice and game programming emphasizing skill development, competition, and engagement is FUN.
- Structured training programs for coaches and qualified adult leadership.
- A philosophy that promotes engagement and enjoyment.

engaged, moving and smiling. We believe in creating a safe and fun environment that is welcoming to everyone. We believe in making optimal use of ice time. We believe in creating great athletes, not just hockey players. USA Hockey believes your family will enjoy the mental, social and physical well-being that hockey offers.

ENJOYING THE EXPERIENCE

ABOVE ALL, REMEMBER THAT

hockey is a game, meant to be fun, including at the highest levels.

Keep hockey in perspective and help your children do the same. Often the score isn't as important to them as simply gaining the experience of playing and making memories with teammates.

Savor every opportunity to watch your child on the ice. The hockey experience can be a source of great memories and lessons that last a lifetime. Traveling that road together can strengthen family ties.

Here are some ideas for making the experience great:

- Create a scrapbook for your child with photos, news clippings, website postings and tournament programs. Have each teammate sign it.
- Encourage your child to write a journal about his or her hockey experience.
- Turn road trips into true family vacations; see the sights and explore the local culture. Take lots of pictures.
- Take the lead in coordinating public service opportunities for the team, such as hosting a food or toy drive.
- Join or create a hockey parent social club for your child's team; use social media to keep the conversations and friendships flowing.

“Play is often talked about as if it were a relief from serious learning. But for children, play is serious learning. Play is really the work of childhood.”

- Fred (Mister) Rogers



GETTING INVOLVED

Joining your local hockey association as a volunteer committee member, a coach, an on- or off-ice official, team manager, or a helper of any sort can be a rewarding experience.

Everyone has different strengths and skills that they can bring to a local hockey association, and every contribution helps, since associations are almost entirely powered by the extraordinary efforts of volunteers.

Even parents who never played hockey can make huge contributions as volunteers, so don't be reluctant. There's strength in

numbers. Ask your local association about volunteer opportunities today. And if you have ideas for new ways you could help your association, don't hesitate. Jump in and join the team!

WHAT TO EXPECT AS A *Hockey Parent*

Your child's hockey experience will be influenced by many factors, but nothing will influence that experience more than you. As a parent, you are the most influential figure in your child's development, both as a hockey player and as a person. Embrace that opportunity.



As a parent,
YOU ARE THE MOST
INFLUENTIAL FIGURE
IN YOUR CHILD'S
DEVELOPMENT

REMEMBER:

- **Let kids be kids.**

Fun should be paramount.

- **Be supportive.** The most important thing a parent can say to their child is "I love to watch you play."

- **Be disciplined.** Manage your emotions and set a good example that teaches your child to do the same.

- **Be positive,** and when adversity comes, be constructive not destructive.

- **Praise your child's effort**

more often than their performance. Studies show it helps them better develop the confidence to meet new challenges and overcome obstacles.

- **Be proactive.** Getting involved as a volunteer, coach or official in your association can give you an even greater influence on your child's hockey experience.

- **Your child's coach is likely a volunteer,** and often also a parent, donating their time to help your child. Communication is important and should be done constructively through appropriate channels.

- **Don't bully or harass.** USA Hockey promotes creating a safe environment for all.

- Kids learn best **by doing.**

- **Focus on the process,** not the outcome, and teach your child to do the same.

- **Keep hockey in perspective.** Maintain a healthy balance of hockey and non-hockey activities. Encourage your child to be well-rounded.

- **Enjoy the youth hockey** experience with your child. Life moves fast and time passes quickly. Soon your child will be grown and you'll wish you could return to these days, if just for a moment. So savor these seasons, don't rush them. Make the experience one that you'll remember fondly together years from now.



BUDGETING TIPS

All youth sports require some financial investment, but costs to participate in hockey can be substantially reduced by planning ahead and make your experience more affordable.

Your local association is the first place you should turn if you have questions or concerns. Local hockey associations have a wealth of knowledge, experience and connections that can help you minimize costs. Additionally, a high-quality youth hockey association will also make efficient use of ice time by putting multiple teams on the ice for practice sessions, reducing costs while also increasing skill development opportunities.

Remember, used or hand-me-down equipment can be a great way to reduce

costs, especially at the younger ages. Young children don't put as much wear-and-tear on equipment; its effectiveness usually far exceeds one or two players' use. Just be sure to inspect it carefully to ensure that all used items are still safe and fit properly. Resist the temptation to put your kids in oversized equipment. It will hurt their performance, making it difficult for them to play and have fun.

Comparison shop there are a number of online and local outlets offering new and used hockey equipment. Look for the best deals.

Remember that hockey equipment can be a great birthday or holiday gift. Given the choice, most kids who are truly passionate about playing the game would prefer hockey gifts that encourage their play.

Proper fit matters

NEITHER THE SKATES NOR THE STICK MAKE THE PLAYER, ESPECIALLY AT YOUNGER AGES,

but proper fit matters. Put your children in equipment that is safe, comfortable and adequate, but resist the temptation to outfit them lavishly. If you have questions regarding when a big-ticket splurge might be appropriate, ask your association or coaches. Regarding sticks, remember that proper stick length is crucial. While there is a range, a good rule of thumb is that an upright stick with the toe of the blade on the ground shouldn't rise above the player's eyes if standing in shoes. In skates, an upright stick with the toe on the ice shouldn't rise much above the chin or be much below the collar bone.



Be proactive. Ask your local associations to explain what is included in exchange for your registration fees. Ask how the money is allocated toward ice time, administration, officials and travel. Also, make sure these topics are covered during preliminary parent meetings so you clearly understand your financial commitment for the season.

Avoid spending money on impulse purchases at concession stands and during road trips. Pack lunches. Stay in hotels with complimentary breakfasts. Reduce travel. Frequently traveling to faraway tournaments isn't a necessary component of skill development. Development happens at your local rink. Road trips can be fun, but they aren't where you get the most bang for your hockey buck.



Try Hockey For Free

While you're already part of the sport, if you have friends whose children would like to try youth hockey, USA Hockey hosts Try Hockey For Free events each year that give children who haven't had that opportunity to play hockey a chance to try it for free.

TRYHOCKEYFORFREE.COM



STAY INVOLVED

Your USA Hockey experience is wide-ranging and below are some of the many resources offered in order to enhance your journey with USA Hockey.



News

We'll share age-specific information with both players and parents via email throughout the year.

Coaches and officials also receive monthly newsletters with the latest USA Hockey updates.

USAHOCKEY.COM



Events

USA Hockey offers a full calendar of events ranging from national teams to youth hockey.

- **Hockey Week Across America:** Annual week-long celebration with salute days celebrating the game of hockey.

HOCKEYWEEKACROSSAMERICA.COM

- **Try Hockey for Free Days:** Do you have a friend or family member...Bring them to your rink for a USA Hockey Try Hockey for Free Day!

TRYHOCKEYFORFREE.COM

- **National Teams:** USA Hockey national teams compete internationally for gold medals every year. Get the latest Team USA news, including rosters and broadcast information, at:

TEAMUSA.USAHOCKEY.COM





Gear Up

Support Team USA with USA Hockey jerseys, shirts and gear.

SHOPUSAHOCKEY.COM



USA HOCKEY TV

Tune In

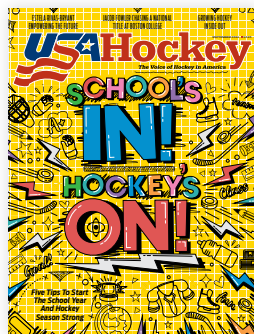
Join the exclusive streaming platform for USA Hockey's National Team Development Program and signature USA Hockey events such as Chipotle USA Hockey National Championships.

USAHOCKEYTV.COM

USA HOCKEY NATIONAL Championships

The USA Hockey National Championships are the culmination of the youth hockey season each year.

NATIONALS.USAHOCKEY.COM



USA HOCKEY Magazine

Delivered to your door and digital editions available online.

USAHOCKEYMAGAZINE.COM

Follow

- facebook.com/USAHockey
- instagram.com/USAHockey
- x.com/USAHockey
- tiktok.com/@USAHockey

CODES OF CONDUCT



PLAYERS

Code of Conduct

PLAY for fun.

WORK HARD to improve your skills.

BE A TEAM PLAYER—get along with your teammates.

BE on time.

LEARN TEAMWORK, sportsmanship and discipline.

LEARN THE RULES and play by them. Always be a good sport.

RESPECT YOUR COACH, your teammates, your parents, opponents and officials.

NEVER ARGUE with an official's decision.



PARENTS

Code of Conduct

DO NOT FORCE your children to participate in sports, but support their desires to play their chosen sports. Children are involved in organized sports for their enjoyment. Make it fun.

ENCOURAGE your child to play by the rules. Remember, children learn best by example, so applaud the good plays of both teams.

DO NOT EMBARRASS your child by yelling at players, coaches or officials. By showing a positive

attitude toward the game and all of its participants, your child will benefit.

EMPHASIZE skill development and practices and how they benefit your young athlete. De-emphasize games and competition in the lower age groups.

KNOW AND STUDY the rules of the game and support the officials on and off the ice. This approach will help in the development and support of the game. Any criticism of the officials only hurts the game.

APPLAUD a good effort in both victory and defeat, and enforce the positive points of the game. Never yell or physically abuse your child after a game or

practice—it is destructive. Work toward removing the physical and verbal abuse in youth sports.

RECOGNIZE the importance of volunteer coaches. They are important to the development of your child and the sport. Communicate with them and support them.

IF YOU ENJOY THE GAME, learn all you can about hockey—and volunteer.

SPECTATORS

Code of Conduct

RESPECT the decisions of officials and encourage participants' continued effort.

DISPLAY good sportsmanship. Always respect and

USA Hockey provides codes of conduct for players, parents, spectators, coaches, and all affiliated individuals to help everyone understand the expectations associated with their role in the game. Below is a snapshot of the USA Hockey codes of conduct, which can be found in the **2024-25 USA Hockey Annual Guide**.



show appreciation to all players, coaches, officials and volunteers.

ACT APPROPRIATELY; do not taunt or disturb other fans; enjoy the game together.

CHEER GOOD PLAYS of all participants; avoid booing opponents.

CHEER IN A POSITIVE MANNER and encourage fair play; profanity and objectionable cheers or gestures are offensive.

COACHES *Code of Conduct*

BE A POSITIVE ROLE MODEL to your players. Don't yell or criticize officials. Your team and players are an extension of you and your coaching philosophy.

BE GENEROUS with your praise when it is deserved; be consistent and honest; be fair and just; do not criticize players publicly; learn to be a more effective communicator and coach; don't yell at players.

ADJUST to personal needs and problems of players; be a good listener; never verbally or physically abuse a player or official; give all players the opportunity to improve their skills, gain confidence and develop self-esteem; teach players the basics.

ORGANIZE practices that are fun and challenging for your players. Familiarize yourself with the rules, techniques and strategies of hockey; encourage all your players to be team players.

MAINTAIN an open line of communication with your players' parents. Explain the goals and objectives of your association.

BE CONCERNED with the overall development of your players. Stress good health habits and clean living.

TREAT ALL ATHLETES with respect at all times.

BE AWARE OF THE HEALTH AND SAFETY of all athletes at all times in regard to our sport. If the conditions are unsafe, follow best practices and not allow the health and safety of the athletes to be compromised.

RECOGNIZE THE SIGNS of injury, physical and psychological stress in themselves and in athletes, take these indicators seriously, and refer or seek out appropriate and qualified support.

BE PREPARED with an executable emergency plan for their primary use facilities that has been shared and practiced.

ASSIST THE ATHLETE in forming goals and expectations that are realistic and practical with consideration of the age, resources and experience of the athlete.

GIVE ATHLETES THE OPPORTUNITY to develop their sport and non-sport skills translating into other facets of their lives.

WINNING IS A CONSIDERATION, BUT NOT THE ONLY ONE, nor the most important one. Care more about the child than winning the game. Remember, players are involved in hockey for fun and enjoyment.

ENJOYING THE EXPERIENCE

THE SAFETY OF ITS PLAYERS

The safety of its players is USA Hockey's top priority. This includes not only on-ice safety, but also off-ice safety. USA Hockey works with leading organizations, including the United States Olympic and Paralympic Committee and the U.S. Center for Safe Sport, to develop policies and programs that protect our participants and create an environment safe from misconduct.

ON *the ice*

USA Hockey has a strict standard of rules enforcement, allowing for improved skill development and a positive environment for all participants. USA Hockey has long been a leader in the effort to enhance player safety, spearheading numerous initiatives, like neck and spinal injury prevention through the Heads Up, Don't Duck campaign, and extensive concussion education programs developed in partnership with leading medical experts.

In June of 2019, USA Hockey's Board of Directors ratified the Declaration of Safety, Fair Play and Respect, an initiative focused on changing the culture of body

checking and enforcing competitive contact rules and standards, putting emphasis on the defender to win possession with stick on puck action. To learn more, visit USAHOCKEY.COM/DECLARATION.

OFF *the ice*

Our off-ice safety efforts are included within the USA Hockey Safe Sport Program, which includes strict policies aimed at protecting participants from all types of misconduct and abuse. The USA Hockey Safe Sport Program also includes a streamlined and neutral process for reporting alleged inappropriate behavior.

The Safe Sport Program includes policies prohibiting sexual, physical and emotional abuse, hazing, bullying and threats, as well as policies which address specific hockey environments such as one-on-one interactions, locker rooms, social media and electronic communications, transportation and lodging, and billeting.

- **The One-on-One Interactions Policy** specifically prohibits one-on-one interactions between adult members of USA Hockey or those authorized by a USA Hockey program to have regular contact with or authority over minors (including coaches), unless that contact is observable and interruptible by another adult. There are exceptions for emergency circumstances.



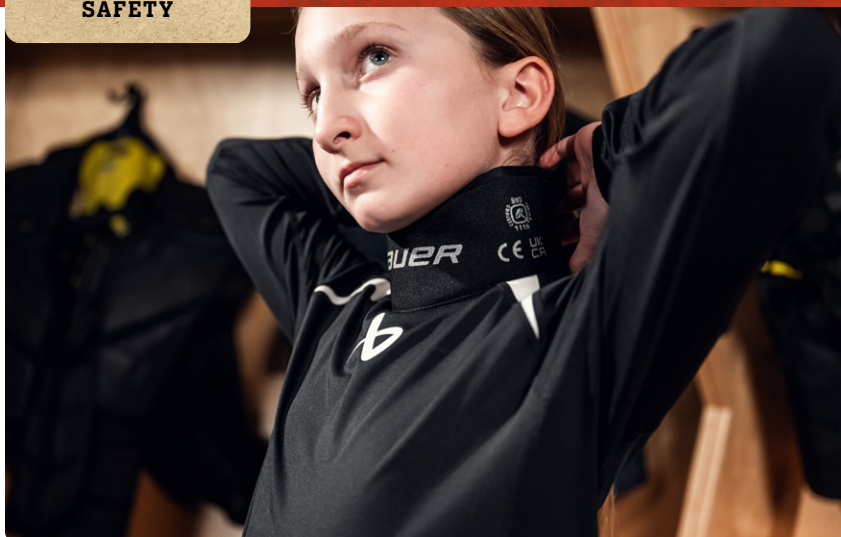
The Safe Sport Program also encompasses education and awareness training, a background check program, reporting concerns of abuse, responding to abuse and other misconduct, and monitoring and supervision of the Safe Sport program.

- **Safe Sport Training**—All employees, coaches, officials, managers, volunteers and players 17 and older playing in an age category that allows minor age players and others who have regular access to or authority over minor participants are required to complete Safe Sport training before their participation or first contact with minor participants.
- **Background Checks**—All employees, coaches, officials (18 and older), managers, volunteers and others who have regular access to or authority over minor participants are required to complete a background check before their participation or first contact with minor participants.
- **Youth Athlete Training**—USA Hockey also offers age-specific Safe Sport training to youth athletes through the U.S. Center for Safe Sport. These free online resources include courses for children from pre-school age through high school and are designed as an introduction for minor athletes and their parents or other caregivers to understand the importance of positive, welcoming environments in sports, and to know where to report abuse, should it occur.



- **Mandatory Reporting**—All adults registered with USA Hockey and/or who are authorized by a USA Hockey program to a position of authority over minor participants are considered mandatory reporters and are required by law to report actual or suspected sexual misconduct or child abuse to the U.S. Center for Safe Sport and law enforcement.

A USA Hockey member or parent of any member who violates any of the Safe Sport Program policies may be denied eligibility within any USA Hockey program and is subject to appropriate disciplinary action including but not limited to suspension, permanent suspension, and/or referral to law enforcement authorities. If you become aware of any issues that should be reported, or would like more information on the Safe Sport program, please see [USAHOCKEY.COM/SAFESPORT PROGRAM](https://www.usahockey.com/safesport-program).



NECK LACERATION PROTECTION

S **TARTING IN 2024**, players competing in youth, girls, high school or junior hockey within USA Hockey are required to wear neck laceration protectors (NLPs) for all games and practices. In addition, on-ice officials under the age of 18 as well as players under the age of 18 in all six disciplines within USA Hockey's disabled hockey program are also required to wear NLPs.



Choosing the best neck laceration protector

Choose a neck laceration protector with cut-resistant material that covers as much of the exposed neck area as possible. The protector should be worn properly without any alteration.

How coaches and parents can help

Coaches and parents will play an important role in helping make sure that players and officials are properly equipped before heading out to the ice for both practice and games, including wearing appropriate neck laceration protection that is not altered.



Youth/Girls Classifications

AGE CATEGORY

CLASS

8 years & under

8U

9-10 years

10U

11-12 years

12U

13-14 years

14U

15-year-olds

15 Only

15-16 years

16U

17-18 years

18U

17-18-19 years

19U
(girls only)





THE STRUCTURE OF USA HOCKEY

Districts/Affiliates

USA Hockey is divided into 12 geographical districts throughout the United States. Districts are organized with USA Hockey volunteer personnel to administer registration, risk management and coaching and officiating education programs. These programs include registration and training of coaches and officials. Districts volunteers also facilitate learn-to-play programs for youth players and their parents. Within those 12 districts, a total of 34 affiliates provide the governance.

“What’s really good for kids is to give them a variety of sports; to have them train to be athletes, not necessarily train to be good in one sport. Let kids be kids. Let them have fun.”

— Peter Laviolette,
STANLEY CUP-WINNING HEAD COACH,
U.S. OLYMPIAN

Your Local Association

Your local youth hockey association is the heartbeat of hockey in your community. USA Hockey supports associations with tools and resources to help them excel.

Local associations pour heart, soul, time and resources into creating a great hockey experience for youth players and their parents. Volunteers are the backbone of associations, administering schedules, registration, fund-raising and overall management. They are at your service, donating time, energy and talent for the love of the game and community. They are your first point-of-contact for any questions and concerns.

How the Game is Played

Your local associations schedule and manage ice time, including practices, games, jamborees, tournaments, etc. Structure and philosophy varies from association to association, but USA Hockey provides age- and developmentally appropriate

guidelines, based on ADM principles, for every stage of development.

At the 8U level, those guidelines include 50-60 ice sessions per season. The emphasis is on fun and fundamental skill development and practice, not winning or losing. Playing multiple sports is encouraged.

The 8U experience recommended by USA Hockey includes no full-time goalies, 7-9 players per team, station-based practices and cross-ice games to maximize fun, puck touches and skill development for every player.

Multiple teams should be on the ice for each session, making the most

efficient use of ice time and maximizing skill-development opportunities.

At the 10U level, USA Hockey recommends one goalie per team along with 10-12 skaters on the ice for 95-100 sessions. These sessions should include 75-80 quality practices and 20-25 game days. The 12U experience is similar to 10U but with an optimal goal of 12 skaters per team, two goalies and an increase in ice sessions. Smaller rosters ensure more playing time and more skill development for all.

USA Hockey's recommended 14U and 16U experience includes an increase to 160 ice sessions, 16 skaters and two goalies per team, 120-130 quality practices and 40-50 games. At this stage, players should shift to a nine-month training calendar that also includes age-appropriate off-ice training.

For 18U males and 19U females, USA Hockey recommends 200 ice sessions mixed with developmentally appropriate off-ice training over a 10-month training calendar. As these players continue to advance, they will move toward a training calendar that equally supports training and competition.



Unequaled INSTRUCTION FOR YOUR CHILD

USA Hockey makes an unequalled commitment to coaching education, which means that members of USA Hockey receive unrivaled support and resources for developing young players.

USA Hockey's Coaching Education Program is designed to improve the caliber of coaching in amateur hockey. Five levels of achievement spanning nearly 600 coaching clinics each season combine with three online, age-specific modules to educate each USA Hockey coach, from the beginner to the expert.

The Coaching Education Program is committed to developing leading instructors and role models through a comprehensive education program at all levels of play. The program emphasizes basic fundamentals, conceptual development, sportsmanship and respect for teammates, opponents, coaches, officials, parents and off-ice officials.

Coaches trained by USA Hockey receive materials tailored to the age classification they'll instruct, helping create an age-appropriate training environment for every athlete. Additionally, USA Hockey has developed an internationally renowned library of instructional resources for coaches to use throughout the ranks, both on the ice as well as in the classroom.



Officials

USA HOCKEY OFFICIALS experience one of the most comprehensive officiating education programs in all of amateur sport. They attend clinics and pass tests annually that become progressively more difficult as they advance through the ranks. Additionally, each district has referee supervisors and mentor programs that help officials reach their full potential. If you're looking for a way to get involved and give back to the game, consider becoming a USA Hockey official. It's also a great way for teenage hockey players to make money while learning more about the game.

"THE THING I LIKE ABOUT COACHING IS LOOKING AT IT FROM WHERE THEY STARTED TO WHERE THEY FINISHED. IT ISN'T ABOUT WINS AND LOSSES; IT'S ABOUT HOW THEY DEVELOP. WE TAKE PRIDE IN THAT."

—Keith Thachuk

Hockey dad, youth hockey coach, 19-year NHL veteran, four-time U.S. Olympian, first American-born player to lead the NHL in goal scoring



***I made some
good friends
over the years playing.***

One of my best friends still to this day is a goalie I played with growing up since I was 7 years old. Stay in the moment. Don't worry about what's going to happen in the future. You've got a lot of time for that, so just have fun, work hard and see where hockey takes you."

Patrick Kane

2016 NHL Hart Trophy Winner, U.S. Olympian,
four-time USA Hockey medalist



*The coaches
that have fun and
want to be out there and
get engaged with the players
on the ice, those are the ones
that help develop passion."*

Natalie Darwitz

U.S. Olympian,
11-time USA Hockey medalist,
Hockey Hall of Famer



***The most important part of youth
hockey is having fun and instilling
attributes in kids that they can take
with them beyond the game."***

Kendall Coyne Schofield

U.S. Olympian, 16-time USA Hockey medalist

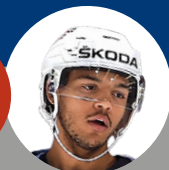




It was a lot more fun for me growing up with small-ice hockey. The game's all about skill, creativity and competition. Play in smaller spaces helps develop all of that."

Auston Matthews

2022 NHL Hart Trophy
Winner, three-time
USA Hockey
medalist



I had a basketball hoop in the driveway and right next to it was a hockey net. The hockey net got used a little bit more! ***I just fell in love with the game."***

Seth Jones

Five-time NHL All-Star, four-time
USA Hockey medalist



I didn't watch hockey and didn't come from a hockey city, but once I found the sport it helped me focus on the things I enjoying doing and find camaraderie with teammates that I love."

Rico Roman

U.S. Paralympian, eight-time
USA Hockey medalist



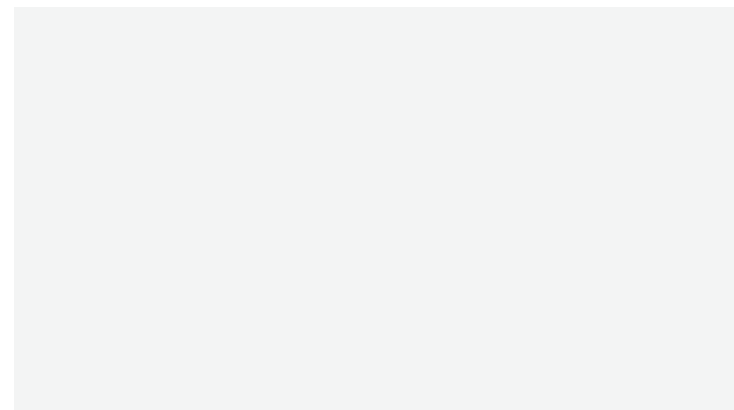
The rink should be the most fun place that we go every day. We play the game because we love it. We coach the game because we love it. ***We create a fun, passionate environment."***

Seth Appert

Buffalo Sabres Assistant Coach



Watch



NHL Analytics Tracking 8U Players

NHL analytics team
team puts youth players
to the test



USA HOCKEY | AFFILIATE ASSOCIATIONS

Alaska State Hockey Association
Amateur Hockey Association Illinois, Inc.
Arizona Amateur Hockey Association
Atlantic Amateur Hockey Association
California Amateur Hockey Association
Carolina Amateur Hockey Association
Colorado Amateur Hockey Association
Connecticut Hockey Conference
Idaho Amateur Hockey Association
Land of Enchantment Amateur
Hockey Association
Maine Amateur Hockey Association
Massachusetts Hockey
Michigan Amateur Hockey Association
Mid-American Hockey Association

Mid-West Amateur Hockey Association
Minnesota Hockey
Missouri Hockey, Inc.
Montana Amateur Hockey Association
Nevada Amateur Hockey Association
New Hampshire Amateur Hockey Association
New York State Amateur Hockey Association
North Dakota Amateur Hockey Association
Oregon State Hockey Association
Pacific Northwest Amateur Hockey Association
Potomac Valley Amateur Hockey Association, Inc.
Rhode Island Amateur Hockey Association
South Dakota Amateur Hockey Association
Southern Amateur Hockey Association, Inc.
Statewide Amateur Hockey of Florida, Inc.
Texas Amateur Hockey Association
Utah Amateur Hockey Association
Vermont State Amateur Hockey Association
Wisconsin Amateur Hockey Association
Wyoming Amateur Hockey Association

