



# MUSTANG YOUTH HOCKEY PROGRAM

Mora Area Youth Recreation Association offers youth hockey for players ages 4 through 15.

Our youngest players are called MITES and this is our largest group of players. Players at this level are between the ages of 4 – 8. All MITE players practice at the same time but are divided into small groups where they practice skating, shooting, and passing.

We utilize the USA Hockey American Development Model (ADM) approach which uses a building block method which increases skill, enjoyment and proficiency based on age and ability. What may appear to be complete chaos is really all about keeping the MITES moving, engaged and having fun!

## TIME? COST? COMMITMENT?

### **Time**

Our MINI MITE program runs from December – February. All other MITES begin in mid-October and go through February.

### **Practice**

Practice is scheduled on a monthly basis and the days/times vary. Typically our MITES are on the ice 1-2 times a week. Weekday practices generally begin at 5:30pm or 5:45pm and are held once a week. Weekend practice times can vary but are normally held mid afternoon.

### **Cost**

Mora Youth Hockey is AFFORDABLE! We know you've heard hockey is expensive, but in our community we make it affordable! Our community is amazing and we work hard to keep our fees as low as possible. First year players pay no registration fees. There is a membership fee to become part of USA Hockey, roughly \$50. Cost for returning MITEs, depending on level, cost \$75 – \$150 for the entire season!

We also offer a hockey equipment rental program. For a \$100 deposit we will fit your player with a helmet, breezers, shin pads, chest protector, elbow pads, gloves and a equipment bag. You'll need to provide skates, stick, and a mouth guard.



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## GAMES? TRAVEL? TOURNAMENTS?

### Games/Travel

Our goal is to keep travelling to a minimum for our MINI MITE players and families. The schedule usually includes 6-8 games against surrounding communities (Pine City, Hinckley, Princeton, Isanti) and occasionally a game closer to the northern metro. MINI MITES occasionally have a Friday night game but most of their games are held on a Saturday or Sunday.

MITE games are also played on 1/2 the ice surface. The American Development Model (ADM) promotes using the a smaller ice surface for proper development.

### Tournaments

All our MITE Players have one HOME Jamboree that they participate in. This is one of the great season highlight! The Mora Old School Jamboree is held at the Outdoor Rinks (weather permitting) the first 2 weekends in January. Our youngest players do not travel to any other tournaments. Our B MITES, (typically 2nd & 3rd grade) have one away tournament.



### QUESTIONS?

Emily Pitman, Hockey President

[morahockeypresident@gmail.com](mailto:morahockeypresident@gmail.com)

Ph. 320.980-3724

