



2010–11 Parents Guide

General

Background and Purpose

Saint Paul Hockey Club is a new outdoor recreational hockey program for girls and boys with some hockey/skating experience in a mite program or the Mighty Kids program who like the game but not the expense and commitment usually related to hockey. You must provide your own helmet, stick, skates, and some pads. Kids will learn hockey skills and safety from qualified coaches who love the game, and organize into small teams to play games.

Mission

Creating a new generation of life-long hockey players. Let's go play outside!

Organization

In the summer of 2010, **Terry Bogie** started putting together the idea and created a website to publicize and organize the program. **Jeff Miller** agreed to help coach and the club was started. **Jeff Hauer** was recruited in the fall and helped us get the reserved ice time at North Dale. The Saint Paul Hockey Club is intended to be just that—a club. We are a group of people working together to keep young kids playing and learning hockey for little or no cost. We aren't incorporated. We don't have a bank account. We aren't doing any fundraising.

Cost

For 2010–11, there is no participation cost other than the cost of your own equipment. We would like to get some jerseys in a variety of colors, so we may discuss splitting that cost at some point.

Rules

Participation waiver

Everyone on the ice must fill out and sign a participation waiver. Participation waivers are kept in the green folder in the red bag in the warming room while we are skating. If you, as a parent, are going to skate, complete one waiver for yourself and one for your player.

Equipment

A stick, skates, and a helmet with mask are required for all children who participate. Shin pads and elbow pads are especially encouraged. If you have any extra hockey gear to contribute, we have a big red hockey bag that's already got some breezers, shoulder pads, gloves, and elbow pads in it. We could use some helmets and shin pads. **And of course, if you need some equipment, just check the bag.**

On-ice rules

All those mean things that get you a penalty in a hockey game are against the rules—slashing, tripping, elbowing, checking from behind will all get you in trouble. We have these additional rules that help cut down on those infractions and help keep everyone safe:

Saint Paul Hockey Club Rule #1

Never lift the blade of your stick above your knee unless it is to celebrate scoring a goal.

Saint Paul Hockey Club Rule #2

Never leave your feet on purpose—no diving or sliding into the puck or other players.

Warming room rules

Saint Paul Hockey Club Rule #1 still applies in the warming room. We don't want our friends, family, neighbors, and little sisters getting whacked with hockey sticks.

Never put your hands on the floor! People are walking around in skates—don't get your fingers chopped off.

Rules for coaches and parent volunteers

No slapshots. No raising the puck unless into an empty net or open boards. No games of tag—playing tag without sticks and pucks encourages kids to dive into each other and grab each other with their hands. These actions are against **Saint Paul Hockey Club Rule #2** and get you 2 minutes in the box in a hockey game.

Expectations

Participation

Be ready to skate at our scheduled time. If it takes you 20 minutes to get ready, get to the warming room 20 minutes early.

Dress for the weather. We'll take frequent breaks if we're all getting cold, but if you are the only kid who is getting cold, you aren't dressed for the weather.

Tips for staying warm

- **Hot packs!** Put a couple hot packs in your skates a couple hours before you skate. Then when you skate, move them into your mittens. Buy the hot packs in bulk at Menards or Fleetfarm and they are pretty cheap.
- **Cover your ears.** A cheap stocking cap can stretch over your helmet. Maybe it doesn't look that fashionable, but it keeps your head and ears warm.
- **Get a pair of choppers.** Some good, lined leather mittens are better than hockey gloves in the cold. There's a glove shop behind the Target on Robert St. and Marie in West St. Paul that has kid-sized choppers. If you wear hockey gloves, wear some thin gloves inside. Baseball batting gloves work well.

Clearing the rink

If it snows, we need to clear the snow off the rink. The great thing about this is it builds your strength and skating skills while you work! Parents should dress for doing some shoveling when needed. When we shovel, we need to **not** leave the snow on the edges of the rink. It wrecks the ice, so we need to shovel it over the boards. This is a strength-building exercise opportunity for parents who don't skate (cancel that gym membership).

Discipline

Safety is very important when everyone has a hard stick in their hands and sharp blades on their feet. Anyone who is threatening the safety of others on the ice will not be allowed to continue. The problem will be explained to the player and they will be allowed to return if they agree to follow the rules.

2010–11 schedule

The basic schedule is as follows:

- Mondays 6:30–7:45 pm
- Thursdays 6:30–7:45 pm
- Saturdays 11:30 am–1 pm

Health and safety

Saint Paul Hockey Club does not carry medical insurance. Parents are responsible for insuring themselves and their children. Make sure the coaches know of any special medical needs your child has. A parent or guardian must stay at North Dale during hockey or provide a mobile phone number to the coaches and indicate they will not be staying that day/night. We must exclude any child (or adult) with a communicable or infectious illness in order to reduce the health risk to others.

Weather policy

If the actual temperature is below zero or if the wind chill is -25° , or if there are more than 4 inches of snow on the rink, we will cancel for that day/night. If you are not sure, call **651-327-0758** for a status update. When we cancel, we will change the message at this number and send an email.

Volunteering

Saint Paul Hockey Club welcomes your help. Any way you can think to help is welcome. If you are a skater, come on out. If you are in the warming room and new people show up who are interested, welcome them and help them find a participation waiver.

Photos/videos

Participation in the Saint Paul Hockey Club shall constitute permission to use the name, likeness or any other identification of the participant for advertising, publicity or any other purposes in connection with the Saint Paul Hockey Club. Children will only be identified by first name in publications or on the website.

Contact information

Website

stpaulhockey.com

Email

blueliner@stpaulhockey.com

Also, to get the latest updates from Saint Paul Hockey Club, you need to be signed up for the email newsletter through stpaulhockey.com. These emails are sent via mailchimp.com and allow us to keep everyone informed. News posted on the website is automatically emailed to all subscribers.

Phone

651-327-0758

Use this number to leave a message if you can't make it, if you have a question, or to hear weather-related status.