



**MIDSTATE**  
MIDSTATE YOUTH HOCKEY ASSOCIATION  
Cicero Twin Rinks  
5575 Meltzer Court  
Cicero, NY 13039  
Phone: 315-752-7465

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MIDSTATE YOUTH HOCKEY  
ASSOCIATION



# 2018-2019

## INITIATION PROGRAM

### HOCKEY FOR BOYS AND GIRLS

**SERVING:**  
MYHA HOUSE & SELECT'S HOCKEY,  
SYRACUSE NATIONALS AAA HOCKEY,  
SYRACUSE NATIONALS GIRL'S HOCKEY



**The future of our sport lies  
within our youth.**

**Visit our Website:**  
[www.midstatehockey.com](http://www.midstatehockey.com)

# BUILDING A FOUNDATION TOGETHER...



The Midstate Youth Hockey Association (MYHA) has developed the Initiation Program to make a child's first contact with hockey a safe and positive experience. It's a structured, learn to play hockey program designed to introduce beginners to the game's basic skills.

It enables participants to become contributing members of a team effort, develop self-confidence, and experience a sense of personal achievement.

These goals are achieved in an atmosphere of fun and fair play. The Initiation Program has a progressive, learn to play teaching curriculum.

Children learn through participating in practice drills and informal and modified games [such as cross-ice hockey, relays, tag and obstacle courses] that have an underlying learning component.

While ice hockey requires a great deal of skill, the proper instruction and attitude make the game fun and rewarding.

The Initiation Program incorporates the most current and innovative ideas available today and it represents the best methods of starting players on the right path to an enjoyable experience in our sport.

## PROGRAM INCLUDES:

- 25+ - 1:15 Hour Ice Sessions from Nov. to March
- Jersey and Socks
- End of Season Family Skate with Trophies

## PROGRAM GOALS:

- To have fun while playing hockey and engaging in physical activity.
- To learn the basic skills required to play the game of hockey; including skating, puck handling, stopping, passing, turning and shooting.
- To develop an understanding of basic teamwork through participation in a variety of activities and adapted game situations.
- To create and refine basic motor skills.
- To be introduced to the concepts of cooperation and fair play. Learn sportsmanship and discipline
- Make new friends



## WHAT

### EQUIPMENT IS NEEDED:

Each participant must be equipped with a full set of approved hockey gear. This includes:

Shin Pads*	Helmet*	Elbow Pads*
Hockey Skates	Gloves*	Athletic Support**
Shoulder Pads*	Hockey Pants*	Mouth-Guard**
Stick	Neck Guard	

A limited number of starter kits (items with a \*) are available for rent. Items marked \*\* are recommended, but not required.

## TELL A FRIEND:

Inform your friends and neighbors. It's fun for the kids to have people they know in the program, and we want the program to continue being a success with lots of participation.

## WHERE:

Cicero Twin Rinks, Cicero, NY

**WHEN: NOVEMBER — MARCH**  
SATURDAYS &/OR SUNDAYS

## REGISTRATION:

Shall be posted on the Midstate Youth Hockey Association website on House Page:

[www.midstatehockey.com](http://www.midstatehockey.com)

## PROGRAM FEE:

- \$100 Registration Fee
- **USA Hockey Membership**  
[www.USAHockeyRegistration.com](http://www.USAHockeyRegistration.com)  
USA Hockey membership is free for Children under 6 years of age.

## CONTACTS:

MYHA Board President: Scott Montagna  
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