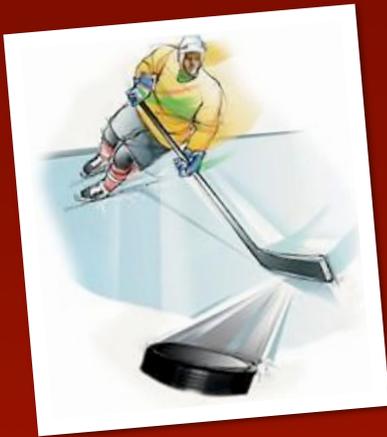


P L A Y E R D E V E L O P M E N T

LAHA HOUSE League

PROGRAM ORGANIZATION AND EXPECTATIONS



“Recreational - The backbone of youth hockey, recreational hockey encourages internal or ‘house league’ play. This program is designed to provide opportunities to play for enjoyment, fitness, relaxation and fellowship.”

USA Hockey Annual Guide

✧ Expectations ✧

The participation by all LAHA registered players in House league is considered mandatory and is an entry point to Select teams



PLAYER DEVELOPMENT

The House League is the low stress, basics skills, player development backbone of LAHA. This program focuses on the players’ basic needs related to individual and team skills. The curriculum consists of one practice and one game per team each week. The practice, developed and taught by USAH registered coaches, is open to all the players eligible in the age division and focuses on the basics of skating, stick handling, team concepts, and

conditioning. More advanced topics such and body contact are also visited.

Players are given a venue to experiment with other positions, such as goalie, in a game environment that’s not packed with performance pressure. Winger wants to try her hand at defense? This is the place. It also gives players a place to try moves and skills in a relaxed game situation. Its all about the players and the game. Winning is merely bragging rights.

Let’s Get it on !

Match-ups will put new rules enforcement in the limelight.

Stay out of the penalty box.

The effect of new rules enforcement is seen from the NHL on down. Skilled players are benefiting greatly at all levels. Gone are the days of holding, grabbing, and stick infractions. You will notice a faster, cleaner game.





Team Parity

House team players are selected based upon many factors but parity is the goal. Players are divided by experience, size, speed, game knowledge, and personality. The House League will be gender neutral. Girls and boys will be divided equally amongst the teams. We recognize girls and boys often have different motivations for playing hockey and different strategies for getting the job done, but in the end it's still hockey. We would like to take advantage of this diversity and encourage boys and girls to learn from each other with the goal of ultimately improving their game. In order to emphasize skills development rather than physical play all House League games will be non-checking. Good skating, stick handling, passing skills, and team work will be the showcase of this league. It's not scientific and there may be changes over time to correct or enhance teams. We would love to see tie after tie. Good sportsmanship and fellowship amongst friends will keep our program together. Good team parity will create an atmosphere that is challenging and fun and will encourage the required level of sportsmanship.

House Program Uniforms

House uniforms are the property of the association, not the player. This is a change from past years, but is being managed that way for numerous reasons. The basic House program is intended to maximize participation while minimizing personal costs. Youth grow at a tremendous rate and it wasn't uncommon for a player to grow out of a \$60 uniform jersey during the course of a single season. Later years are most common. This is an expense that was not seen as conducive to the goals of our program. Parents are burdened already with the purchase of expensive equipment and the peer pressure of what to buy and what's cool. These uniforms were selected in sizes and durability to serve many years and be passed on to smaller players as they grow. The uniform will be returned to LAHA at the end of the season. The association would entertain the idea of ordering custom shirt/jersey/hoody to boost player pride and sense of belonging - if the demand is sufficient.

House Program Participation

Commitment to the house program must be strong for the program to develop more players. The association is full of wonderful players and will continue to thrive so long as our players are provided with as much ice time as they can muster. The program is tiered. From the house recreational league, players may be offered the opportunity to participate in the New Mexico Recreational Hockey league (NMRHL). This opportunity is predicated on the compulsory participation in the house program. In other words, the house program is the beginning for the NMRHL selected players. These upper echelon players are critical to the accelerated development of the less experienced players. Hence, participation by the NMRHL players is an input parameter to their NMRHL participation. USAH Hockey, recreational rules, encourage equal play for all players at all recreational levels, including NMRHL games. Shortened benches for league games will not be allowed. Such actions are detrimental to player development. Although "winning at all costs" is not the goal of the House program, competition and striving for excellence is the essence of all sports. In order to encourage healthy competition and teamwork, teams in each division (with the exception of the Mites) will play for a House Cup. Like the legendary Stanley Cup each player on the championship team will have their names placed on the cup to be displayed in perpetuity. For our little Mites, individual awards, that recognize participation rather than competition, will be their reward.

Beyond Pond Hockey

Adults who grew up in the extreme Northern latitudes where the snow flies early and often and the sun is just a not-often-seen ball of light and no solar gain may have been lucky enough to be able to run the hose in the back yard to create a virtual rink. Ponds freeze, ice reigns supreme, and rink rats race to the "rink" to play until mom screamed for them to come inside or the daylight waned making a flying black puck scary (to some). Pond hockey had its own rules governed by "rink" size, snow fall, snacks, and the operation of the snot locker. That's certainly not Los Alamos - well, some of it. The house league is the next best thing. The ice is still ice, but we need more than a hose and mother nature. Pond hockey had fuzzy, wandering rules, but House has the dreaded zebras. These intrepid, yet monochromatic guys and gals sure know how to spoil the pond party, but rules are part of player development and help maintain safety and security. House games governed by the full set of USA Hockey rules and are sanctioned activities.



LAHA Contacts are on the LAHA website. If you have program questions or constructive criticism, please give us a call. Work team questions through your team managers, leaders, and coaches. We are looking forward to seeing this program grow. If you are interested in being involved in any part off this program, please step forward. We have lots to do and too few people doing it all.