

Benefits of Mite Cross-Ice

Practicing

Children have more energy with which they can improve their skills when they are skating 60 feet across the ice surface as opposed to the 180 feet length of the surface.

More puck contact resulting in improved puck control skills

More repetition/frequency in drills in one session.

Decision-making skills enhanced as more decisions must be made more frequently at a higher tempo.

Small-Area Games

Playing on a smaller rink results in increased puck possession time for each player.

Individual technical skills develop more quickly.

Scoring skills are enhanced since the players have more shooting opportunities and the child sized goals force the players to shoot more accurate.

The game is full of continuously changing situations.

The speed in playing situations increase, which will require quicker mental and physical reactions by the players.

Hockey sense, or understanding the principles of the game, is being developed at a young age.

There are no unnecessary breaks in the game.

The Mite Cross-Ice Hockey Metro League Program

The main objective of the CMHA Mite Program is to give 6 to 8 year olds the ultimate hockey experience. Hockey taught at this level should be based on having fun, participation by all, and being taught basic hockey skills. Every session has skating instruction, hockey drills and small-area games.

Cross-Ice Hockey: *General Spirit of Participation and Fun*

More children get a chance to play ice hockey.

More children will experience a feeling of success when playing in a smaller area.

The same exciting and fun environment as in a full-ice game is amplified in cross-ice.

Both more and less experienced children will benefit from close/tight action on the ice.

Children are excited and motivated to continue playing hockey.

Hockey will be more appealing and rewarding to a wider range of children and their parents.



Charlotte Metro Hockey Association



(2002 Birth Year & Younger)

2010-2011 Season

4705 Indian Trail-Fairview Rd
Indian Trail, NC 28079
(704) 882-1830
www.CMHA.us

The Mite Cross-Ice Hockey Metro League Season

The Program will use both sheets of ice for the 2010-2011 season with the players assigned to teams in either of the two Groups based on hockey experience and maturity level.

Group A	Group B
Wed: 6:00-6:50PM	6:00-7:00PM
Fri: 6:00-7:00PM	6:00-6:50PM

Fall Season

Wed., Sept 1st to Fri, Dec 17th

No sessions on Sept 17 & 24 and Nov 12 & 26

Winter Season

Wed., Jan 5th to Wed., Mar. 30th

No session on Feb 4

The Introduction to Goaltending Program

The Mite Cross-Ice Hockey program offers a three-session (once a week) program for players to try the position with gear supplied by the CMHA and specific goaltending instruction.

Players will learn technique and positioning during drills and gain experience playing in the small area games.

Registration for the program is opened every three weeks on-line at www.CMHA.us

The Mite Cross-Ice Hockey Tournament Team

The CMHA is proud to offer the full-ice tournament team to participate in the two tournaments (one in the Fall and one in the Winter seasons) during the 2010-2011 season.

The team is open to the more experienced full-season Mite Cross-Ice participants. Players will have two team practices prior to each tournament

The players selections will be made by coaches evaluating the Cross-Ice practices. The cost will be dependent upon the tournament cost and number of players.

Questions?

Dennis Crothers

CMHA 8 & Under Coordinator
DennisC@xicenter.com
704-882-1830

Joe Cardarelli

CMHA Hockey Operations
Joe@xicenter.com
704-882-1830

Mite Cross-Ice Metro League 2010-2011 Season

I understand by participating in the CMHA, I will only play on CMHA teams from September 1, 2010 to March 30, 2011. If rostered on any other team during this period I will lose the privilege of participating in any CMHA program for the rest of the 2010-2011 season. There will be no refunds.
Register on-line at www.CMHA.us

Name _____

Date of Birth _____

Parent/Guardian _____

Address _____

City _____ State _____ Zip _____

Home Phone _____

Cell Phone _____

Email _____

Full Season (Sept-Mar)	\$520	_____
Fall (Sep-Dec)	\$285	_____
Winter (Jan-Mar)	\$285	_____

Payment plans available through the XIC Front Desk

Payment: Cash _____

Visa/MC # _____

Exp. _____

Name on Card _____

Players MUST register with USA Hockey

Registration valid: Sept. 1, 2010-August 31, 2011
www.usahockeyregistration.com

Please attach USA Hockey confirmation page to this form at time of enrollment.

All players are REQUIRED to wear full gear and hold current 10-11 USA Hockey registration in order to participate in the Mite Cross-Ice Metro League.