

## 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.

More frequent line changes means more ice time for each player.

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.



Hockey Department  
4705 Indian Trail-Fairview Rd  
Indian Trail, NC 28079



# Charlotte Metro Hockey Association



## Mites

(2001 Birth Year & Younger)

2010 Spring Season

4705 Indian Trail-Fairview Rd  
Indian Trail, NC 28079  
(704) 882-1830  
[www.CMHA.us](http://www.CMHA.us)

# On-Ice Sessions

*Extreme Ice*

**Begins Wed,**

**Wed: 6:00-6:50PM**

**Fri: 6:00-7:00PM**

**Season runs from  
Wednesday, April 14, 2010 to  
Wednesday, June 4, 2020**

No session on  
Friday, May 7th or Friday, May 14th

## **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 gifted 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.

## **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. This program is based on these ideas. Every session has skating instruction, hockey drills and small-area games.

The CMHA Mite Program is based on a model of practicing and playing cross-ice. "Why cross-ice", you may ask, "I want my child playing on the big ice surface like the adults do". That is the point, children are not adults, they learn differently than adults, and they see the world differently than adults. This cross-ice practicing and small-area game model has been used in many of the hockey leading nations in the world for a number of years. It has shown that children who begin their hockey training in this environment have an outstanding hockey experience.

**Questions?**  
**Joe Cardarelli**  
CMHA Hockey Operations

Joe@xicenter.com  
704-882-1830

## **Mite Cross-Ice Metro League Spring 2010**

Payment made in full prior to the first session.  
There will be no refunds or discounts.

Name \_\_\_\_\_

Date of Birth \_\_\_\_\_

Parent/Guardian \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_

Cell Phone \_\_\_\_\_

Email \_\_\_\_\_

**Cost: \$125 until 4/13/2010**

**\$150 beginning 4/14/2010**

***Includes team jersey for new players***

Payment: Cash \_\_\_\_\_ Check \_\_\_\_\_

Visa/MC # \_\_\_\_\_

Exp. \_\_\_\_\_

Name on Card \_\_\_\_\_

**Players MUST register with USA Hockey**

Registration valid: May 1, 2009-August 31, 2010  
[www.usahockey.com](http://www.usahockey.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 09-10 USA Hockey registration in order to participate in the Metro League.