



2011-12 CKH Mite Program

Information provided at April 10th CKH Annual Banquet



RED, WHITE, and BLUE

- More puck time
- Age-appropriate training
- Cost savings
- Increased competition
- Skills develop more quickly

The ADM will give your child the BEST opportunity to be successful in hockey over the long run.

It is more important to be the best Midget player than the best Mite or Squirt!

Cross-ice hockey at the eight & under age group is a key element of USA Hockey's American Development Model, which provides age-appropriate training utilizing long-term athlete development principles.

What is RWB Cross Ice Hockey?

The concept of cross-ice hockey is better utilization of a full-ice sheet while simultaneously providing a better practice/game experience to smaller/younger players.

In 1976, George Kingston did a study of hockey games played on a full-ice surface. He found that:

- In a sixty minute running time hockey game between 6-8 year old children, the average player had possession of the puck for 20.7 seconds.
- Top professional players were also timed and no player exceeded 85 seconds of puck possession time.
- Youth players had an average of less than 0.5 shots per game and professional players only 1.5 shots.
- In a sixty-minute children's game the actual playing time of the game was 20 minutes and 38 seconds.
- Individual players are on the ice every third or fourth shift resulting in even less ice time.

The study concluded that:

- For young players in the "full-ice game model" of development, the youngest players would require between 180 games to have 60 minutes of actual puck possession time to execute their stick handling, passing, pass receiving and shooting skills.
- Professional players would require 60 games to ensure 60 minutes of puck control skill development.
- Many youth players never touched the puck in the game.

To this end, cross-ice hockey was conceptualized wherein rather than conduct practices and games on a 200-ft length of ice, young players skate cross-ice on the 85-ft width of the rink. This allows for programs to place more players on the ice during an ice slot and is more effective for players in terms of enhanced learning and playing time.

2011-12 CKH Mite Program

CKH will provide informational sessions at our year end annual banquet on April 10th at GCCC to provide as much information as we can about the upcoming changes to benefit your child/ children.

CKH has exciting options that will benefit our players and parents!

Information and video presentation will be available.

WE HOPE TO
SEE YOU
THERE!

* The changes are related to the NY State Amateur Hockey Association mandate to incorporate the principles and format of the USA Hockey ADM Red, White and Blue program AND its implementation by Empire Amateur Hockey Conference (House Program) for all 8 & Under Mite B programs for 2011-12 Season.

Visit ckhockey.org - Select Mites 2011/12 for further information.