

# WELCOME TO SKATETOWN YOUTH HOCKEY!



## *The complete guide to our Youth Learn to Play Hockey program*



SKATETOWN

1009 Orlando Ave, Roseville CA 95661

[www.skatetown.biz](http://www.skatetown.biz)

Hockey Director: Brett Slavensky

(916) 783-8550 ext 114 [hockey@skatetown.biz](mailto:hockey@skatetown.biz)



## THE SKATETOWN STORY

Skatetown's owner, Scott Slavensky was a successful contractor for nearly 20 years. His sons began playing ice hockey at the old ice rink on Del Paso Boulevard in Sacramento. Scott was elected to the youth ice hockey board and asked to participate in their efforts to bring a modern, full-size ice skating facility to our region. He completed some intensive research into the ice-skating industry, and in the process, developed a dream of building and operating the finest ice-skating facility around.

Most ice rinks in the nation are built and operated by Cities, Counties or Park and Recreation Districts, due their high cost to build and operate. Scott's financial resources were limited so he worked very hard to try to get a local government entity to build, or participate in building the ice-skating facility. Despite a sound business plan that detailed the dream and how it would work, none of the municipalities he approached believed in the project enough to support it.

Because Scott believed so strongly in his dream, he sold his business, put all his and his family's personal assets on the line, and plunged headfirst into the Skatetown dream. Working seven days a week, and sometimes 24 hours a day, Scott built Skatetown in less than 6 months and opened for business on December 24, 1997.

Shortly thereafter, Rink #2 was constructed to meet the high demands of the excited community. It was originally an outdoor surface, but was enclosed in the summer of 1999.

## HOW TO REGISTER FOR HOCKEY CLASSES OR YOUTH LEAGUE

Registrations are processed on a first come, first served basis. For insurance purposes, Youth Learn to Play Hockey (YLTPH) contracts cannot be processed without the signature of the parent or guardian. Skatetown desk or Pro Shop hours are Mon – Fri 5:30am – 10:00pm, Sat 6:30am - 9:00pm and Sun 7:00am – 10:00pm. For current ProShop hours: <https://www.skatetown.biz/ProShop-Cafe/ProShop/ProShop-Hours>

For your convenience, you can register online at [www.skatetown.biz](http://www.skatetown.biz). Click on the "Youth" under the Learn to Play Hockey category. Scroll to the bottom of the page and select "Register ONLINE." Under Seasons, select a youth hockey class – these start with LPTH. Under levels, select a class. From here, just follow the path to register. Application forms can also be completed in person at Skatetown.

## SPLIT PAYMENT PLAN

A split payment plan is available for 13-week classes. There is an additional handling fee. Second payments are due on the 7<sup>th</sup> week of class. Declined or expired credit cards will be charged a \$30.00 fee for processing if payment is not made by the 7<sup>th</sup> week. No split payment option available for home school students. Online registration not available for split payments.



## LEARN TO PLAY HOCKEY PROGRAM

Thank you for participating in our Learn To Play Hockey Program. We hope your experience is a good one and you and your children learn to love hockey as much as we do.

**Our Learn to Play Hockey** program is based on the USA Hockey curriculum and guidelines. USA Hockey is the national governing board of hockey in the US and has been proven successful all over the nation. It is a stair-stepped learning program, where each skill builds to another, making mastery of these skills easily attainable. (USA Hockey registration is *not* required)

**Skatetown added bonus:** The USA Hockey program is based on a 60-minute class. Skatetown has decided to add an extra bonus, another 15 minutes to these classes for an extra “Pond Hockey” session. This gives the students the opportunity to go out and enjoy the game the very first day of class and a chance at scoring a goal too!

### All 13-week students receive:

- One 75-minute class each week (13 classes)
- 25% discount for gear purchases for Hockey 1
- Loaner skates and sticks are available.
- For the current class fee, visit <https://www.skatetown.biz/Hockey/Learn-to-Play/Youth>

We run four 13-week semesters, year-round. Returning students may pro-rate into existing classes at any time, though a private lesson or two is usually recommended to cover the material they missed.

## PROGRAM PHILOSOPHY & OPERATION

We strive to provide a program that is a lot of fun for your child and for you. We will accomplish this by focusing on fun skill development, fun focused over winning, making new friends, and allowing the students to learn the fun game of Hockey without added parental pressure. Classes are designed to be fun and educational and focused on skills required to play the game. *We are not ready to teach them how to play hockey yet, we are teaching them the fundamentals of skating and basic hockey concepts. They will learn the game as they advance to the youth in house program.*

The YLTPH program consists of Hockey 1,2,3,4. These classes build upon each other to best prepare your student for success in our in-house recreational hockey league. Mastery of each class is necessary prior to moving on. Class may be repeated until the coach is comfortable graduating a student. Hockey 4 is a final preparation and evaluation of skills before entering league. This is a critical class to take in preparation for the youth league.

Class formats: YLTPH classes are conducted in cross-ice fashion. Meaning Hockey 1,2,3, and 4 will all be done on one rink. Cross-ice hockey is a far superior training and developmental game. The traditional ice hockey game provides little benefit from an improvement standpoint for virtually all children. Cross-ice gives the children exponentially more “touches” of the puck, more shots on net, more passes and significantly more skating on an appropriate-sized surface for children. The children will need to condition themselves to skate, stickhandle and shoot much quicker in this format which will closely resemble an actual game.

### **PROGRESS REPORTS**

Progress reports will give you a sense of where your child is at concerning their development compared to the curriculum. Along with the report will be a recommendation from your instructor as to where your child should go next; Hockey 2,3,4, league, or repeat the current class.

### **HOW TO GET THE MOST FROM YOUR LESSONS**

**Be on time for your class.** The first few minutes are spent warming up the muscles to prevent pulls or strains, something you shouldn't miss out on, especially in such a cold environment. Be sure you are dressed appropriately. Nothing is enjoyable if you are too cold to move. Children especially need the security that a pair of gloves has to offer!

Come rested and mentally prepared to work, concentrate and have fun!

**Listen carefully** to your instructor and please ask questions about anything you don't understand. All of our instructors are qualified and enjoy what they do. They are here because they want to help you achieve your goals.

**To help make your experience more enjoyable, we have prepared the following information.**

- First Day of Class

Arrive 30 minutes early at least. The first day of class can be hectic. **You will meet your instructor on ice.** A sign at the rink entrance will be posted to show each separate class.

- Clothing

It is best to wear tight-fitting clothing made of fabric that stretches (spandex or cotton) and try to avoid jeans or baggy clothing.

- Gear

Full equipment including shin pads, hockey pants, shoulder pads, elbow pads, helmet and gloves are required for Hockey 1\*, 2, 3 and 4 classes. Skates and sticks are available. 25% ProShop discount for gear purchases for Hockey 1.

### **ADDITIONAL PRACTICE:**

The more time you spend on the ice, the more comfortable it will become. Repeat the same moves you did with your instructor. Even playing games on the ice helps develop balance and edge control. Players who just come to their class each week spend most of the time just “getting used to” the ice again. Practice on a public session - you will be surprised at how fast you will progress while having fun too!

Keep in mind that without additional practice time, the skills will be difficult to master in just one 13-week session. There is often just too much to cover. Do your best and work at your own pace. Rushing through the skills early will make it more difficult and discouraging later.

Class size varies depending on the time of year. Hockey is considered to be a winter sport, making classes much larger during that season. This allows us however to be able to continue conducting classes of a much smaller size throughout the summer.

### **PRIVATE LESSONS**

Feel free to ask your instructor for a private lesson if you would like some additional help or some one-on-one attention. Don't wait until week 13 if you are stuck on something.

Most of Skatetown's instructors are available for private lesson instruction. To set this up, you may speak with any instructor directly, or contact the Hockey Director who will find someone available on your preferred day and time.

Private lessons range in price from \$70-\$100 per hour, 30 or 60 minutes being most common, depending on the age and level of the skater. They are given on public sessions (for beginning level skaters without a stick or puck) and on stick time sessions (for more advanced skating, stick handling, shooting, etc)). **The cost of the lesson does not include admission to a session or skate rental.** Private lessons and ice time must be paid prior to your lesson. For your convenience, you can pay for your lesson online at <https://www.skatetown.biz/Hockey/Learn-to-Play/Youth>. Scroll to the Quick Links section and click on '**Register online for private lessons.**'

Please be aware that when you make an appointment for a private lesson, you are reserving that time slot with the instructor. Most instructors require a 24-hour cancellation notice to avoid charging you for the reservation and to allow them to re-book the time with another student. Credit or make-ups are not given for missed or late lessons.

### **Learn to Skate (LTS) vs Learn to Play Hockey (LTPH)**

Learn to Skate (LTS) classes differ in significant ways to the LTPH classes.

LTS is a 30-minute class.

LTS classes follow the Ice Skating Institute curriculum where each class has a specific set of skating skills to learn. LTS classes can supplement LTPH classes. Contact the hockey director to help decide which classes can benefit your son or daughter.

LTPH is a 75-minute class which offers 60 minutes of instruction and practice, as well as the built in 15 - minute pond hockey session where kids practice the skills they learned.

### MAKE-UP Policy

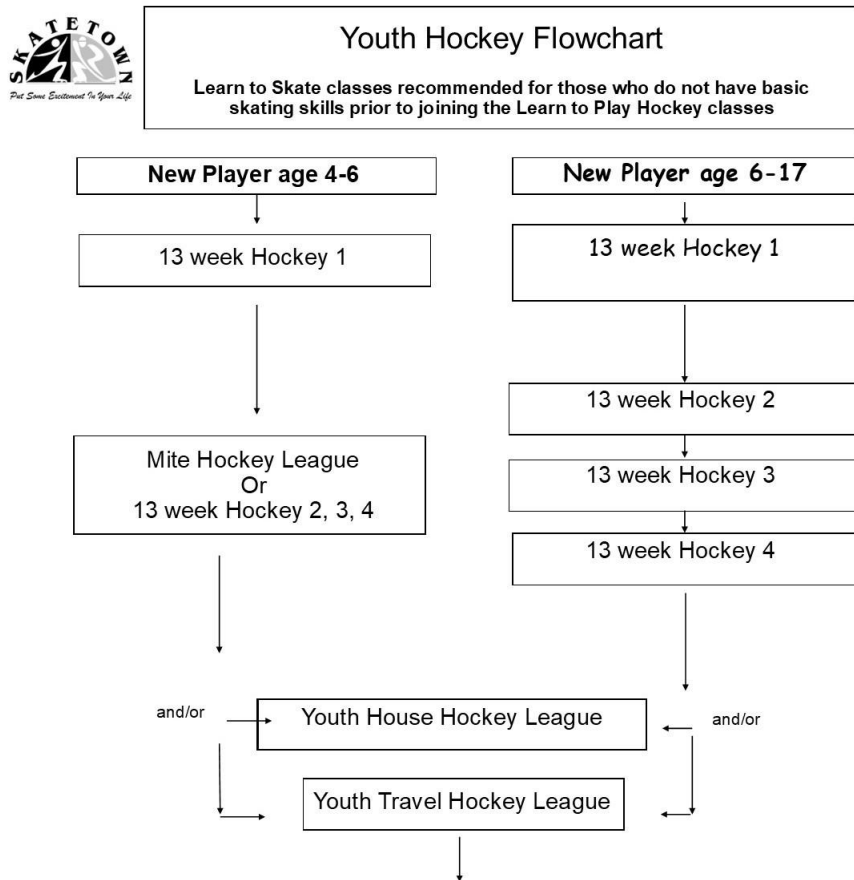
Our Hockey classes are based on “progressive learning” (one skill leads into another skill) making it important for students to take their own classes in order as much as possible. Having the same students and teacher each week, makes learning (and teaching) much more productive.

Since all our hockey classes are on Sunday, and run for an extended period of time, we have no make-up classes.

A short, private lesson with your own instructor is always the best way to cover the missed material.

### BRIDGING TO YOUTH LEAGUE

#### Flowchart from Learn to Play Hockey classes to Youth Hockey



Flyers/hockey/2020/youth hockey flowchart 102620.pub

#### League - Red Shirt program

- This program allows players to attend league practices, but not participate in the games.

Once a player has completed Hockey 1-4, or equivalent, they are eligible to join the In-House Youth League. Since it's a big jump from Hockey 4 into youth league, the Red Shirt program helps transition the kids from the Learn-to-Play program to organized league.

During these practices, players will gain a better understanding of hockey fundamentals, improve their skills and also get to know the coaches and players in the league.

Once the coaches and player feel that they are ready to play in games, they will be placed on a roster after the pro-rated fees are paid.

### **How to get involved:**

Hockey Director approval is needed before anyone can be signed up in the Red Shirt program. The Hockey Director will get input from the YLTPH instructor to make sure that the player is skilled enough to practice with the youth league players.

The fees for the "Red Shirt" program are half of the regular league fees.

There will be no make ups for missed practices and players cannot play in games for any reason, even if they miss a practice and want to make up for it by playing in a game.

## **WHAT IS YOUTH LEAGUE?**

*Grab your friends from class and join the fun!*

Our In-house Youth league is a recreational-based program where the focus is on fun skill development and weekly recreational scrimmages.

We currently have 3 divisions that make up our youth league; Mite (6-8), Squirt (9-10)/Peewee (11-12), High School (13-17). Player's age at the beginning of the season is where he/she should register. Divisions may be altered to accommodate the league and parity and may be joined (example: Squirt/Peewee). Our Mite division is played in a cross-ice fashion with multiple games happening on the rink surface at the same time. No score is kept during these games. Squirt division and beyond are played on a full sheet of ice in the traditional format with officials and scorekeepers. No checking is allowed at any level of our in-house program.

In order to maintain even parity within the divisions, players may be moved from team to team throughout the season. This ensures the most fun and fair play.

Full hockey equipment is required including a HECC approved helmet and colored mouth guard. A white and teal jersey with the Skatetown logo is also required for the league. Those can be purchased in the Pro Shop. Jersey is not included in the price of the league.

The program includes one practice and game per week. All games are played at Skatetown. Each division will have at least one head coach to run the program. No exhibition games or tournaments are included in the program.

### **YOUTH LEAGUE VS. TRAVEL HOCKEY**

The youth league at Skatetown is a great way to challenge the skills of the player and be in a competitive league without having to travel out of the area. The player would get one practice and one game on the weekend and the days depend on the age level appropriate for that specific player. There is NO contact in any of the youth leagues, where travel they have contact starting at the 13- to 14-year old age group. With that being said you will still get the same amount of ice time as every other player, as the main focus is to have fun. I would say the best part about being involved with the youth league is that the players tend to feel very comfortable and build friendships with the coaches and other players because it is the same players every week. The convenience of playing in the youth league is that the players can play other sports or do other activities because hockey is only two days out of the rink, where traveling takes up a lot more time and effort.

### **LOCKER ROOM POLICY**

It is important to use the locker rooms for changing into your hockey gear and not the main lobby. We could be hosting several functions at the same time in the building and need the lobby clear of bags, sticks, players and gear. Locker room assignments are posted on the flat-screen monitors throughout the building. You will always have the choice of two lockers at any given class.

Additional lockers may be requested if available to accommodate youth vs. adult players during stick times or male/female players. See Front desk for assistance.

All locker room assignments will be on the T.V.'s in the Lobby, and the Cafe.

#### **Youth League Locker Room Policy**

**Goals:**

Protect the players' belongings and protect Skatetown property

**Method:**

Keep locker rooms locked when not in use.

Check teams in and out of the locker rooms & inspect them when teams are done

A team parent or player (if driving age) will come to the front desk or pro shop and request a locker room. Staff must determine which locker room that they are assigned to and give them the appropriate key. We require collateral such as car keys in exchange for the locker room key. This ensures that the customer will not drive home with our locker room key by mistake.

After each group is finished with the locker room and returns the key, a Skatetown teammate will visit the locker room after the group has vacated and inspect the restroom and locker room. They will make sure there are no "stray" pieces of hockey tape, trash, locker room damage, inappropriate locker room items, etc. Once this is done, check out is complete.



If a parent *checks out* a locker room key, that same parent does not need to *return* the locker room key. You may visit the front desk or pro shop and swap keys with another parent. While some coaches check out the locker rooms we do not mandate a coach checks out the key.

### SKATE AND HOCKEY BAG POLICY

We have noticed a lot of skate bags & hockey bags are being left unattended in the lobby and café areas. Leaving your bags in these areas creates a trip hazard and also prevents other guests from using the benches and tables. Please remember to bring your bags with you into the rink you are skating in and place them in the bleachers or designated bag storage area. If you are assigned a locker room for the event you are skating, you may store your bag in your locker room. Keeping your bags in the bleachers or designated storage area allows you to keep an eye on your belongings so nothing is misplaced or damaged, and frees up space in the lobby for other guests enjoying our facility.

### STICKTIME ETIQUETTE AND SAFETY

#### SKATETOWN'S STICKTIME POLICIES & PROCEDURES

- Sticktime is intended for players to skate and work on individual skill development, and most importantly to have fun. No (semi-) organized games!
- **Organized play is not allowed.** Organized play is defined as scrimmaging, or continuous play. *Practicing set plays is acceptable, and organized drills are acceptable. Set plays and drills have a distinct beginning and end while scrimmaging does not.*
- This is a good time to schedule a private lesson. **Private lessons are limited to Skatetown Instructors only.**
- Pucks are not provided, but can be purchased in the Pro Shop. Markless pucks must be used. No weighted pucks are allowed as they can damage the glass. Players observed using regular/markings pucks are subject to a dasher cleaning charge of \$50.
- Full equipment is required, including a HECC approved helmet. Full equipment is: Helmet, Full face cage/shield (for players under 18), shoulder pads (for players under 18), elbow pads, gloves, pants, shin pads, skates.
- The following are not allowed: Team practices, scrimmaging, checking and aggressive play.
- Players (or their parent if under 18) must read and sign a waiver. Unsupervised minors must be at least 7 years old. Minimum age for supervised minors is 4. If minors are present, the ice may be divided in two with adults on one side and minors on the other
- Drills run by a Skatetown Instructor are permitted but must be open to all skaters.
- If there are a wide range of skill levels on the ice, a large number of skaters and/or very young skaters, the monitor may determine that dividing the ice with the Border Patrol pads is needed, in which case they will put the pads on the ice. They may put two sets of pads out to create three separate playing areas. Drills and Private lessons are some of the activities that may take up more ice than they should
- During stick time sessions the ice monitor will oversee the function and make a judgment as to the fairness and safety of the activities. The decision of the Sticktime monitor must be respected and followed. Participants not following the monitor's direction will be asked to leave the ice and the monitor is to contact a manager.

- Maximum skaters = 30 skaters, excluding Skatetown Teammates and goalies (based on 10 players per 1/3 ice)

#### **Skatetown's Responsibilities:**

- ✚ Provide nets (up to 6 nets are available)
- ✚ Provide quality ice
- ✚ Provide pucks

#### **Player's Responsibilities:**

- ✚ Put nets away when done and move nets that will stay on the ice so we can keep our events on time
- ✚ Players must be off the ice at the end of the session time in order to keep the sessions running on time
- ✚ Keep all rink doors closed except when exiting and entering the ice

### **Understanding your Role as a Hockey Parent:**

As a parent of a hockey student or hockey player, you want the best for your child. This handbook should help you do much more than survive your child's learning experience. It should equip you to enjoy it to the fullest and help you make it fun and valuable for your child. To do that, you first need to understand your responsibilities as a hockey parent:

#### **Helping Your Child Enjoy Learning Hockey**

- Developing a winning perspective - Every decision parents make in guiding their children should be based first on what is best for the child. Try and look at this experience through their eyes.
- Building your child's self-esteem - Building self-esteem in your child is one of your most important parenting duties. It is not easy, and it is made even more difficult in sports by the prevailing attitude of "Winning is everything." Athletes who find their self-worth through winning will go through tough times when they lose.
- Emphasizing fun skill development and enjoyment in the journey to organized Hockey - The reason you should emphasize fun is quite simple: without it, your child may not want to keep playing. Children don't have fun when they feel pressure to win and don't improve or learn new skills. Conversely, they do have fun when lessons are well organized, when they develop new skills, and when the focus is on striving to improve.
- Helping your child set performance goals - Performance goals, which emphasize individual skill improvement, are much better than the outcome goal of winning because they are in the athlete's control and help the athlete improve.

#### **Being a Good Role Model**

Children learn behavior from many different people - coaches, teachers, other adults and peers - but the people they learn the most from are their parents. Your child not only soaks up what you say; he or she

soaks up what you don't say. Non-verbal messages often speak louder than words. Your attitude toward your child and other people are not as easily hidden as you may think. Telling your child to respect others is great, but the message is lost if you don't model that respect. You'll have many opportunities, as your child skates, to model good behavior and attitudes. By putting your child's development and welfare ahead of winning, you'll be better able to display a healthy attitude toward sports and life – as will your child.

### **Modeling Good Sportsmanship**

It's especially critical that you model good sportsmanship for your child. "Being a good sport" is much easier said than done – just look at the examples of certain professional and collegiate coaches and athletes who do the opposite. It's crucial that you maintain a cool head and a healthy attitude towards the sport if you expect your child to do the same. Here are ways to model appropriate attitudes and behavior when you are at your child's practices and games:

- Encourage all skaters
- Control your emotions in frustrating situations
- Respect and accept referee's and coaches decisions
- Congratulate other players when they have success.

### **WHY DO ICE SPORTS SEEM TO COST SO MUCH?**

Ice sports do seem to cost a lot more money than any other sport. While many other sports are played outside on a field that can be maintained by a weekly watering and mowing, ice rinks require much more care and maintenance to operate properly.

On average it costs Skatetown \$750,000 dollars per year for just the utility bill, and that's only so we can turn on the lights, and open the doors. It also costs us \$10's of thousands of dollars per year just to maintain and repair the extensive amount of mechanical equipment that is needed to run an ice rink. Included in the mechanical equipment are our Zambonis. Here at Skatetown we have two Zambonis to give you a perfect sheet of ice to skate on. One Zamboni costs \$100,000 dollars, and they need to be replaced every 15 years. Our refrigeration system which regulates the temperature of the ice costs \$1,000,000 dollars, and needs to be replaced every 20 years. Also it is very important that we keep the air dry inside of the rinks. This ensures that the ice will remain cold and firm. This costs us \$2,000 dollars per month in natural gas expenses. This does not include the cost of the machine, which is \$150,000, or regular maintenance costs.

It is also important to note that most rinks across the country are operated by local municipalities. On average local governments will subsidize the ice rinks \$150,000-\$300,000 per year to operate. This means that they can offer services for less because they get to use the people's tax dollars. Even with this subside many of the ice rinks across the country are failing due to their low costs and improper upkeep. Many rinks underestimate the amount of money it takes to properly run an ice rink, and it is causing many of them to fail. This is leaving a lot of communities without a place to skate. Here at Skatetown we are dedicated to offering a state-of-the-art facility that is clean, family friendly, and properly run so that you and your family will always have a place to skate.

## **OUTSIDE FOOD AND DRINK POLICY**

We ask that you please consume outside food or drinks on our patio area, or in your vehicle. We have this policy in place for several reasons: the most important of which is that we rely on income from our Café and vending machines to stay in business. Food and beverage income is a significant factor in our survival and as such, we are serious about enforcement of this policy. Please support your local rink instead of working against us on this matter. We are here to support ice sports and keep a beautiful facility open for you to enjoy.

Also, allowing you to consume outside food or drinks inside the building would lead other guests to believe that it is acceptable to bring in and consume outside food or drinks. As such, we respectfully request that you take your food outside for consumption.

## **SKATING WITHOUT PAYING**

This policy applies to anyone who is caught participating in a program without first paying. This may include:

- Skating a public session
- Participating in a drop-in hockey event
- Attending a learn to skate class
- Taking a private lesson
- Attending a hockey practice
- Participating in a league hockey game

While it seems like an innocent act, participating in a program without paying is the equivalent of stealing.

We derive our income by charging people to participate in our programs. If people do not pay before participating, they are denying us the income that we depend on for our survival.

We have completed an analysis of the impact of people not paying for participating in our programs and we estimate that if we do not manage this aspect of our business closely we could be losing as much as \$50,000 - \$100,000 annually.

Just like a retail store that closely watches for theft and deals with offenders seriously, we must monitor our programs carefully and deal with offenders seriously. We have programs in place that help us make sure that everyone that is participating in our programs has paid first.

## **SKATE FITTING**

Yes, the equipment you use does make a difference! Modern skates are constructed specifically to support your ankles for you, but only if they fit correctly. Your toes should be as close to the end as possible so that the ball of your foot is over the rocker of the blade. Buying skates to “grow into” will only cause you to be off balance, throwing your weight dangerously backwards. The skates must be laced up tight throughout the ankle area, and gradually loosen as you go up the skate to allow for proper knee bend. Please ask our staff if you are not sure how to do it – we will be more than happy to show you.

If you enjoy playing hockey and taking our classes, then you should own your skates no matter what level you are. This is because you progress much faster with your own skates and you'll probably enjoy classes even more.

If you own your own skates, be sure you know how to take care of them. Dry your blades after each use and store them in soakers to absorb excess moisture, not the plastic guards meant for walking in or they will rust.

Get them sharpened regularly in our Pro Shop. The edges must remain sharp and even. We have all the precision equipment to do this. Our Pro Shop staff can also help determine what the best hollow (the is indentation between the edges on a blade) for your blades to be sharpened, depending on your size, weight and skill level.

### **EQUIPMENT AND MAINTENANCE**

Selection of hockey equipment is a key issue for coaches, players and parents. When purchasing and fitting hockey equipment, remember two important factors: 1) make certain the player is adequately protected and 2) be sure the fitting allows freedom of movement so the player can properly perform the necessary skills. By carefully considering these two factors, your child will be more comfortable and will better enjoy the game.

A complete set of hockey equipment can be purchased for a relatively reasonable cost. Remember that you need not buy the most expensive equipment.

#### **Skatetown Pro-shop**

The Skatetown Pro-shop offers an equipment package to get everyone set up with a full set of hockey equipment. For current pricing, visit <https://www.skatetown.biz/ProShop-Cafe/ProShop/Hockey-Packages>

Package includes: Shoulder pads, elbow pads, hockey gloves, hockey pants, shin pads, hockey helmet and a pair of skates.

Once you have all the equipment you will need for hockey, it is important to take care of it. After use, make sure you air-out your bag. Open your bag up and take all the equipment out so that it can dry in-between use.

### **HOW TO CONTACT THE HOCKEY DIRECTOR**

**The Hockey Director, Brett Slavensky, can be reached by phone at (916)783-8550 ext. 114, or by email at [hockey@skatetown.biz](mailto:hockey@skatetown.biz)**