



Delhi Minor Hockey

Goals:

- Learn to participate in a team activity
- Learn and develop hockey skills
- HAVE FUN !

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Introduction:

The Delhi and District Minor Hockey Association has been operating ice hockey programs in Delhi and the surrounding area for many years. Our programs were developed to provide the youth of our community with the opportunity to participate in an organized team activity which encouraged the development of hockey skills, promoting the ideals of fair play and sportsmanship, and providing an avenue for social skill enhancement.

Contact / Information:

League Website: www.delhirockets.com

Ice schedule, tournament information, Coach contacts, Executive contacts, Manual of Operations, Hockey Moms links and more

OMHA Website: www.omha.net

www.scscha.org/page/show/224053-parents-survival-guide-for-hockey

How to Help:

We are always looking for parent volunteers to help with activities.

Fundraising: there is a fundraising fee attached to each registration. If you sell 3 boxes of product in our chicken sale your fee will be returned.

Other ways to help:

Tournaments – time keeper, score sheets, serving, activity tables

Volunteer for the Board of Directors, Hockey Moms, help with the parades, coach a team, become a manager or trainer, on-ice help at practice

Tour Facility:

1. Room Assignment Board: check for locker room(s) before practice / games
2. Dressing Rooms
3. Benches area
4. On Ice: remember to follow the rules of the ice
 - Nobody on-ice when Zamboni is out
 - Nobody on-ice without a coach
 - Nobody on-ice until Zamboni door goes down
 - Buzzer at end of practice = everyone off the ice

Equipment:



- Helmet with Cage
- Mouth guard
- Neck guard
- Skates
- Skate guards
- Shoulder Pads
- Elbow Pads
- Hockey Gloves
- Hockey Pants
- Athletic Supporter
- Shin Guards
- Equipment Bag
- Hockey Tape (stick and equip)
- Hockey Stick
- Jersey
- Hockey socks

** Game jerseys and socks are supplied by minor hockey

Equipment is designed to protect the player.

Improperly fitted or broken equipment can hinder the players ability or lead to injury.

Mouth guards are designed to reduce the possibility of concussion along with protecting the teeth and mouth.

Younger players may find 'all-in-one' equipment easier to put on and wear.

Players not wearing required equipment will not be allowed to participate.

Where to Buy:

Proper fitting equipment is one of the keys to preventing injuries

Check equipment on a regular basis and repair / replace broken pieces

There are many places in the area to purchase new and used hockey equipment. Be sure the equipment fits the player properly. Have the player try on all equipment.

Candian Tire: sells a range of hockey equipment including skates.

Source for Sports: location in Simcoe and Tillsonburg – sell a range of hockey equipment including skates

Second Hand / Used Equipment: there is a used equipment store in Tillsonburg and one in Waterford – a good place to trade out-grown equipment

Online Classifieds: kijiji.ca

Beginner Hockey:

Our first goal in Beginner hockey is to HAVE FUN.

We start off on our first practice with a bunch of non-skaters and some skaters. So we learn to stand-up, balance and begin skating. Non-skaters can have access to skate aides but we will try to ween them off quickly.

We practice twice per week – once during the week and once Saturday. Schedules change so refer to the website or the coach will keep you informed at practice or via email. Practices are 50 minutes long.

We start practice with a quick stretch followed by some organized drills. Near the end of practice we break into some on-ice games (cops/robbers, tag, etc)

Beginner hockey uses a lighter (4oz) puck.

We will focus on learning to skate, basic hockey skills (hockey stance, getting up, moving around the rink, shooting, passing). We will also learn basic hockey rules – areas of the ice, teams, positions.

ON-ICE HELP: on-ice help welcome, parents encouraged to come out and help kids who start as non-skaters. **Remember to wear helmet and skates.**

