

## Select Hockey

### I. Coaching

- A. High-quality coaches.
- B. Many coaches have played the game at some level.
- C. Coaches are dedicated to teaching kids fundamental hockey in a fun atmosphere.

### II. Practice Time/Quality of Practices

- A. Goal is to practice once weekly for 1 hour per session (creates a cohesive team).
- B. Emphasis on the skills and fundamentals of the game.
- C. 1/2 ice practices for Mites/Squirts and full ice for Pee Wee/Bantam.  
(This is a guideline, the number of teams and coach's preference may change this)
- D. Players develop skills in practice in order to display them in their games.

### III. Games

- A. Teams will play in the Midwest League (MWL) with 1-2 additional weekends to schedule other competitive games around the Midwest.
- B. Playing approximately 20 competitive games per season, your child will get substantial ice time to supplement their house league experience.
- C. Your son or daughter will play on a team where the talent level is more competitive than house league without an extraordinary time or monetary commitment.
- D. Travel periodically (3-4 times per season) with your family and watch your child play against good competition.
- E. Traveling together creates friendships (Kids, Parents and Coaches) and a competitive spirit.

### IV. Expenses

- A. Travel expenses are reasonable in order to get kids a taste of better competition.
- B. At the first meeting, coaches and team managers will have a better idea of cost based upon tournaments, practice schedules, and jerseys.

### V. Time Commitment

- A. Practice time and home games.
- B. Away games normally in places like Kansas City and Omaha
- C. Tournaments are usually once per month with two of them in Des Moines. (MWL & Spring Breakaway Tournament)