



YOUTH ON-ICE

PROGRAMS GUIDE

WINTER 2019-2020

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LEARN TO SKATE



Average Age Range:	4-9
Saturdays:	7 sessions - 50 minutes per session
Session 1:	November-December
Session 2:	January-February
Next Level:	INTRO to HOCKEY

Player Tuition When Available | www.oryarec.org

ORYA's Learn to Skate Program teams up with local area coaches and utilizes the [Learn to Skate USA](#) curriculums to develop young skaters balance, skating muscles while teaching them the basics of skating. Learning to fall, to get back to their feet, how to glide & stop will be taught as each player reaches certain milestones. It's for the floppy ankles, baby deer and banana peel steppin' kids out there! The majority of participants usually range in age from 4-9 but older participants are also welcome.

Our program encourages young skaters to develop balance, skating muscles, falling the RIGHT way while having fun on the ice without the use of walkers or balance aids! Participants are welcome to wear any single blade hockey or figure skates (no double runners) since they'll be learning the basics which translates to all skating. All participants are REQUIRED to wear a helmet and no participants, parents or guardians are allowed on the ice without skates. Come to Churchill Rink and learn to skate with ORYA. Many kids participate in this class over multiple winters until their skills & confidence on skates allows them to move on to ORYA's INTRO to HOCKEY program.

INTRO TO HOCKEY



Average Age Range:	6-10
Saturdays:	8 sessions - 50 minutes per session
Session 1:	November-December
Session 2:	January-February
*Prerequisite:	Learn to Skate
Next Level:	Recreational Hockey

Player Tuition When Available | www.oryarec.org

Once you have a competent skater on your hands (this is not a learn to skate program), our program is the perfect introduction to learning what hockey is all about. This program was specifically designed to be low cost, low commitment and high value. Our 2, back-to-back, sessions allow players to give hockey a try without making a massive commitment but also allows players that want to continue a full winter of hockey. A perfect introduction to the sport! Our coaching approach will focus on creating a passion for the game through fun, small sided, play-related games and exercises. Each player will have lots of time with the puck and will pick up many technical based skills needed as they continue with the sport. Depending on number & ability of players, coaches may group players based on ability in order to offer a like-ability learning environment which greatly improves a coach's ability to teach to the average ability of each group.

Coaches

Your coaches are very dedicated volunteers. They have a passion for developing youth hockey locally but also have full time jobs and families but some of your volunteer coaches won't even have a child of their own in the program. Please be considerate with any questions regarding the program or your player. All coaches are USA Hockey certified and have successfully completed background checks, safe sport certifications and any other required USA Hockey modules.

Equipment Share

ORYA has donated equipment it will loan out for the duration of each session. While we cannot guarantee we will have everything each player needs, we will do what we can to defray equipment costs while your player(s) gives hockey a try! We will organize an equipment night where players in the program can come and get fitted allowing time to purchase equipment we either don't have or don't have in your player's size. Our equipment share date(s) will be communicated just after the program registration deadline.

Hockey Specific Equipment Check List

Helmet with face mask, mouth guard, hockey skates (cannot wear figure skates), elbow pads, shin-pads, hockey pants, shoulder pads, jersey/shirt, socks to go over shin-pads – garter to hold up socks or taped up, hockey gloves, stick.

***Program Pre-requisite – Learn to Skate Program.** This is NOT a learn to skate program – players that register for this program must have either participate in an official learn to skate program or be balanced, able to forward glide, turn and stop with a stick and without aid.

RECREATIONAL HOCKEY



Average Age Range:	6-9
Practices:	Tuesdays & Thursdays
Beginning:	Late October to late February
Cross Ice Games:	Alternating Sundays
Session Length:	50 minutes
*Prerequisite:	INTRO to HOCKEY
Registration Deadline:	October 11 th , 2019
Next Level:	Squirts Travel Hockey

Player Tuition When Available | www.oryarec.org

This is ORYA's approach to the classic Mite age groups. We've created a developmental-focused program consisting of local, non-results based play. Following USA Hockey's Developmental Model and curriculum our players will practice twice per week at Churchill Rink while also participating in cross-ice play at Dover's Ice Arena. This offers players lots of time on the ice without focusing on game results. Dover's Cross Ice league meets every other weekend offering flexibility for parents to have weekends off or participate in other things. For those who are ready and assuming we have the numbers, in the second half of the season we will also introduce some full ice games against other programs. This approach offers a great mix of developmental time on the ice and local ice without becoming an official travel hockey family. While the target age groups for this program are 2010, 2011, and 2012 birth years most age groups can participate if they are at the appropriate skill level.

Practices Description

ORYA's REC hockey program is designed as a first team-experience for young hockey players. While practices will be fun they will follow many of USA Hockey's curriculum guidelines. Practices will have all birth year players on the ice at the same time coaches will split players into *like-ability groups as needed depending on curriculum and exercise/practice goals. Practices will focus on necessary hockey-specific skating, puck handling, shooting, passing with some introductions to goalie-specific techniques. The overall goal is for each player to love hockey and be more comfortable & technically confident on the ice than they were at the start of the season. Goalie equipment will be supplied for players to take turns experiencing the position. An effort will be made to equally offer this to all players, but some naturally gravitate to or away from the position. Players will not be forced to play as a goalie.

**Parents are not allowed to make requests or suggestions to where their player should be at any time during the season. That is completely up to the discretion of the coaches & coordinators.*

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Cross-Ice Play

Per Cross-Ice league rules teams will be created for parity in an A and B division. At this age group, player development is the only goal and players will be assigned to the cross-ice group that coaches believe will help them be the most successful in getting touches on the puck. Depending on numbers and needs, players may even play in different cross-ice games during the season. To see more information related to the league, it's approach and rules please [CLICK HERE](#).

Equipment Share

ORYA has donated equipment it will loan out for the duration of each session. While we cannot guarantee we will have everything each player needs we will do what we can to defray equipment costs while your player(s) gives hockey a try! ORYA will also provide uniforms for each cross ice and scrimmage. These will be handed out and expected back for each cross ice and full ice scrimmage. Goalie equipment is supplied for players to take turns in that position during cross-ice play, scrimmages and some practices. Our equipment share date(s) will be communicated just after the program registration deadline.

***Program Pre-requisite** – Any player interested in this program must have participated in an intro to hockey program with ORYA for at least 2 sessions or have been recommended by intro coaches & coordinator to participate. If your player has participated in an intro program at another location, please specify where & for how many sessions at time of registration. All players should be comfortable skating, stick handling, passing, shooting, etc.

ORYA TRAVEL HOCKEY



Overview

Our travel hockey age groups will participate in the Granite State and Seacoast Youth Hockey Leagues as well as out of league scrimmages with other teams such as NH East, Northern Cyclones, NH Jr. Monarchs, Concord, Dover, Kearsare, Manchester, Keene, Berlin, Mt. Washington Valley, Rochester, Biddeford, Maine Breakers, Lakes Region, Back Bay and Plymouth.

Once games begin in late October, expect to play 1-3 games per weekend until the end of February. Teams travel during holiday weeks and during school breaks, so plan accordingly. Games are any time on weekends and occasionally on Friday evenings. Most games are within 90 minute drive, occasionally longer trips are necessary. When no games are scheduled on weekends, full ice practices may be offered if ice is available.

ORYA Hockey will follow the [USA Hockey Development Model](#). Coaches may draw on experience and based on player skill sets to achieve most effective training and game experiences for all players. All volunteer coaches are USA certified and receive annual training. Paid skills coaches will also be employed to focus on specific skill sets during skills sessions.

Tryouts

All of our travel teams are created following a tryout process. Like-ability teams are created based on the results from the tryout process. The players with the highest scores will be selected for the top team at the respective age group. The next highest tryout scores will be offered placement on the 2nd team for that respective age group. The process continues to the 3rd team if necessary. The exact number of players chosen in each team is based on keeping each team as close in ability as possible from the one that scored the highest to the one that scored the lowest per team. If there is space in a higher team roster, a player may move from a 2nd to a 1st or 3rd to a 2nd team during the season if they consistently play above the level of their original team. This recommendation must come from their coach with agreement of the higher team coach and ORYA hockey Advisory Group.

For more information or to view our complete Tryout Guide please [CLICK HERE](#).

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Estimated Player Tuition for 2019-2020 Season | [CLICK HERE](#)

AGE GROUPS



U10 Squirt Hockey

Birth Years:	2009 & 2010
Pre-Season:	Late September to Late October
Regular Season:	Late October to Early March
Practices:	(2) 60 min practice per week plus on ice skills
Games:	est. 25-35 games
League:	Granite State League and/or Seacoast Hockey League
*Prerequisite:	Recreational Hockey
Tryouts:	March 2019 for 2019-2020 Season
Next Level:	U12 PeeWee Travel Hockey

U12 PeeWee Hockey

Birth Years:	2007 & 2008
Pre-Season:	Late September to Late October
Regular Season:	Late October to Early March
Practices:	(2) 60 min practice per week plus on ice skills
Games:	est. 30-35 games
League:	Granite State League and/or Seacoast Hockey League
*Prerequisite:	U10 Squirt Hockey
Tryouts:	March 2019 for 2019-2020 Season
Next Level:	U14 Bantam Travel Hockey

U14 Bantam Hockey

Birth Years:	2005 & 2006
Pre-Season:	Late September to Late October
Regular Season:	Late October to Early March
Practices:	(2) 60 min practice per week plus on ice skills
Games:	est. 30-35 games
League:	Granite State League and/or Seacoast Hockey League
*Prerequisite:	U12 PeeWee Hockey
Tryouts:	March 2019 for 2019-2020 Season
Next Level:	U16 Midget Hockey

U16 Midget Hockey

Birth Years: 2003 & 2004
Regular Season: Mid-September to Mid-November
Practices: One Day per Week
Games: Saturdays and/or Sundays
League: Granite State League
*Prerequisite: U14 Bantam Hockey
**Next Level: U18 Midget Hockey
***Please inquire with ORYA Office for details.*