

**2011-2012**

**Camillus Youth Hockey Association**

# **TYKE DIVISION HANDBOOK**



Dear Tyke Parents:

Welcome to Camillus Youth Hockey Association! Since our founding in 1971, it has been the mission of the Board of Directors to provide the best possible experience for all CYHA participants by encouraging, developing, advancing and administering the sport of ice hockey in the Town of Camillus and West Genesee School District. We are dedicated to providing a cost-effective, minor hockey program with an emphasis on fun, participation, and the development of basic ice hockey skills.

The Tyke Division is the foundation of the Camillus Youth Hockey Association. Much attention is given to recruiting, developing and retaining these young hockey players. Traditionally, our Tyke coaches bring a wealth of knowledge and experience to this division. However, as strong as our Tyke coaches have been, we are always looking for new coaches to join the staff. Please see the Tyke Director, Bob Bartlett at 380-6505 for a coaching application.

The Tyke Handbook was written to be a resource for you. As the parent of a young hockey player, it will provide you with a general overview of the Tyke Division and our player development philosophy. Also, the CYHA website ([cyha.org](http://cyha.org)) provides additional information about the organization.

We thank you for joining the Camillus Youth Hockey family and look forward to many years together, as your young hockey player learns, grows, and enjoys this great game!

CYHA Board of Directors

## The guide to Proper Hockey Equipment

When purchasing hockey equipment, the most important aspect to consider is that the equipment is properly fitted. When equipment is not suitably fitted, the player is exposed to injury. Three important factors should be stressed when evaluating hockey equipment: (A) that the equipment is in proper condition, (B) that the equipment is properly maintained throughout its life span and (C) that the equipment fits properly. If any piece of equipment is cracked or is structurally unsound, it should be replaced immediately or properly repaired by a professional. Equipment should be inspected often so that all breaks can be recognized immediately and properly attended to. All equipment should be dried after every practice. This reduces deterioration in the equipment's structure and quality. Skate blades and holders should be completely dried immediately after every practice. This will prevent deterioration of the blade. Proper maintenance involves examining all equipment frequently throughout its life span. Equipment should cover the entire area of the body that it is meant to cover. Equipment should never be bought to grow into. This leaves the player at risk of serious injury, as equipment that is too big will slide away from the area that it is protecting. The following are guidelines that will assist you when fitting and purchasing equipment.

### Underwear

Wear light fitting, cool, comfortable undergarments. When fitting all other equipment, the same undergarments should be worn in order to get the proper sizing. Wash after every use.

### Athletic supporter with protective cup (boys), Jill (girls) & Garter Belt

This equipment should be fitted according to waist size and should feel comfortable. The athletic supporter with protective cup and the Jill come in sizes to suit both boys and girls. A garter belt, to hold up the hockey socks, can be purchased as a part of the protective cup/Jill or as a separate item.

### Shin Pads

When sizing, wear loosely fitting skates in order to get the proper length of the shin pad. The cap of the shin pad should be centered on the kneecap. The bottom of the pad should fit where the foot and the leg meet at a 90-degree angle. If the pad is too short, an unprotected area above the skate will be exposed. If the pad is too long, it will restrict movement and create discomfort for the player. Shin pads are sized in inches and come in both junior and senior sizes. Cracked pads should be replaced immediately.

### Pants

Fitting should be done with shin pads properly in place. Pant should slightly overlap the top of the shin pad. Pants are fitted according to waist size. Pants must completely protect the front and side of the thigh, tailbone, hip and kidney areas throughout the entire range of motion.

### Skates

Before sizing skates, check the feet for any irregularities that would affect the size of skate. Player should wear the same foot hosiery that they would in practice (i.e. socks, barefoot, etc.). With the foot in an untied skate, have the player push foot forward so that the toes touch the front of the skate. Then have the player stand up, bearing weight and with the toes still touching the front of the skate. There should be one finger width space between the player's heel and the back of the boot. Before lacing up the skate, have the player kick the heel back (heel of foot should be in contact with back part of skate) in order to ensure a snug fit. When completely laced, eyelets should be 1.5-2 inches apart. Never buy skates to grow into as this puts the player at risk of injury and will inhibit their skating ability. Laces should never be wrapped around the ankle as this inhibits blood flow. Blades should be completely dried after every use. Skate guards should be used during transport. Never dry skates over direct heat, as this may crack and damage the composition of the skate. Comfort is a critical part of purchasing skates for young hockey players.

### Shoulder Pads

Should protect the entire shoulder joint throughout a full range of motion. Arm pads should extend to just above the elbow to ensure full protection. Back pad and chest protector should meet the top of the pants. When lifting arms, pads should not dig into the neck of the player as this may cause injury and discomfort.

### Elbow Pads

When fitting, place the point of the elbow in the circular area on the inside of the elbow pad and fasten all straps properly. The top of the elbow pad should meet the bottom of the shoulder pad. The bottom of the elbow pad should meet the beginning of the hockey gloves.

### Gloves

Should fit the player's hands snugly, but not too tight. Be sure that the palms of the gloves are always soft and without holes or tears.

### Throat Protector/Neck Guard

Should fit snugly and should completely cover throat area. Hang to dry after every use.

### Helmet

Should be snug and remain in place when chinstrap is properly fastened. The front of the helmet should fit just above the eyebrows. Helmet MUST have appropriate certification stickers on it. Replace loose or missing screws immediately. Check inside and outside of helmet for cracks or deterioration and replace if necessary. Purchasing a quality helmet is strongly suggested. Head injuries can be very serious.

### Facemask

When fitting, a proper measurement should be taken from the front of the helmet to the bottom of the player's chin. Chin should fit comfortably into cup of facemask.

### Stick

In street shoes, the stick should reach between the mouth and the nose of the player and just between the chin and mouth when on skates. Junior sticks should be used for younger players, as these sticks have features (such as a smaller grip) that are more suitable for this age group. Be aware of player's personal preference when purchasing a hockey stick. Curved hockey sticks are not necessary, but can be used, for Tyke hockey players.

### Hockey Socks & Jersey

Tyke players will be issued a pair of hockey socks and a jersey at the time of registration.

### Hockey Bag and Other Stuff

You'll need a youth hockey bag to carry/store the hockey equipment. It doesn't have to be expensive, it's just a bag. You may want to consider carrying the following items, in addition to the equipment, in the hockey bag:

- A roll of hockey tape
- Extra helmet hardware and a screwdriver to repair if necessary
- Extra pair of skate laces
- A towel for drying skates
- An extra pair of socks

While purchasing equipment is an expense for first year Tykes, there are several outlets where you can buy quality, new and used, equipment including Play it Again Sports, McKie's Sports, Sports Outfit, etc. CYHA also holds a used equipment sale during the Saturday registration period.

## **Overview of Tyke Program**

The Camillus Youth Hockey Tyke Program is based on three fundamentals:

1. Having Fun
2. Participation by All
3. Learning & Developing Basic Hockey Skills

The Tyke Division is split into two divisions (TYKE I and TYKE II). Generally, players moving into the MITE Division the following year are placed in TYKE II and all other skaters are placed in TYKE I. Players may be moved at the discretion of the Tyke Director.

The Tyke Division will generally practice twice (2) times a week for one hour on Monday evenings between 5-7 PM at Shove Park then an additional time and location TBD by the CYHA Scheduler. Practices begin on the first Monday in October and will continue through the Tyke Festival in February. Please check the two-week schedule posted at Shove Park and on the CYHA Website ([cyha.org](http://cyha.org)) to confirm practice dates and times. Additional ice time may also be on Saturday and Sunday mornings at 6am as made available.

The Tyke II division is a part of the Central Section Cross-Ice Mini-Jam series consisting of surrounding minor hockey associations. The Mini-Jam season will last approximately 14 consecutive weeks. (Dec. thru Feb.) Each Team will play up to 12 games. Cross-Ice rules will apply to each event (No score kept, no icing, no offsides, etc.)

The annual Tyke Festival is the culmination of the Tyke season. The Tyke Festival is a one day Cross-Ice Tournament at Shove Park in which all of the Camillus Tykes play a series of cross-ice games with and against each other and teams from neighboring minor hockey associations.

It is our primary objective to provide your beginning hockey player with an enjoyable hockey experience.

## **Tykes and Skill Development**

### Practices

Hockey at the Tyke level is all about having fun, full participation, and learning basic hockey skills. It is an “introduction” to the game of hockey. Our Tyke practices are designed with these ideals in mind. Our coaches will use an “Assembly-Line Method” of training, which has been used successfully for many years in Europe and adopted by USA Hockey. This “station-training” allows us to work with anywhere from 20-60 players on the ice at one time. Research shows that when you train hockey players using up-tempo, fun drills, in small areas for a short period of time, skill development happens rapidly. Group sizes are smaller so teaching and learning is more effective. Drills designed according to varying skill levels are more easily organized. There is more repetition and frequency in drills during one ice session. The players get a chance to attempt the skill (puck handling, skating, shooting etc.) more frequently resulting in better and quicker skill development. And most importantly, the players find these practices challenging and enjoyable.

### Cross-Ice Games

The Tykes will progress to playing cross-ice games as a part of their weekly practices. The cross-ice model has been successfully used in many leading hockey nations in the world for a number of years. It has shown that children who begin their hockey training in this environment have an outstanding hockey experience. Everything that happens in a full-ice game happens in a cross-ice game, only it happens more often in the cross-ice game. Playing on the smaller ice surface increases the players’ puck possession time, as well as, the time the players are actively participating in the play. Scoring skills, for example, are enhanced because there are more shooting opportunities. Players develop “hockey sense” as they learn to read and react to the continuously changing game situations. More information pertaining to the benefits of cross-ice hockey is available through the CYHA ACE Director or Cross ice director.

## **CYHA Policies and Procedures**

At registration, you were provided with a copy of the CYHA Policies and Procedures. Please read them carefully as the Camillus Youth Hockey Association Board of Directors strictly adheres to these Procedures. The phone numbers for the Board of Directors are found in the front of the booklet.

### **Fundraising Obligations of CYHA Parents**

Typically, CYHA engages in several fundraising activities throughout the season. We do this to keep our registration rates as low as possible. Some of the fundraising activities we will likely be engaging in for the 2011-2012 season include the following:

1. Concession Stand- One of our strongest forms of fundraising is the CYHA Concession Stand located in Shove Park. Volunteers run the CYHA Concession Stand in order to keep costs down. Each team is required to run the concession stand for 1 week during the season. This amounts to about 4 hours per family. It is critical that each parent sign up during the team's week to make this work. **THERE WILL BE NO EXCEPTIONS; EVERY FAMILY IS REQUIRED TO WORK THE CONCESSION STAND!**

2. Sponsorship – CYHA's sponsorship program includes company identification on jerseys, advertising at Shove Park, recognition in our organization newsletter "Cougar Tracks", and plaques to be displayed in businesses. If you work at a business or know of businesses that sponsor youth sports, ask them to consider sponsoring CYHA. Further details are provided at the end of this

3. Golf tournament – Donations of door prizes for the golf tournament will be much appreciated. Also, the golf tournament to be held in September it is a great way to meet people and have a lot of fun to play in.

4. Donations – CYHA is a not-for-profit 501 (C)(3) organization that can receive tax-deductible donations. This can be done as a "Restricted Case" contribution through United Way or directly to the organization.

Please cooperate with us this year in fulfilling your fundraising obligations.

## **Other CYHA Parent Obligations**

As an all-volunteer organization, CYHA depends on parents to contribute in other ways beyond fundraising. If you have coaching experience, or would like to become a coach, please contact Tyke Director Bob Bartlett @ 380-6505 or any Board member for a coaching application. The CYHA website at [www.cyha.org](http://www.cyha.org) has coaching applications that can be downloaded. CYHA will pay to put its coaches through the USA Hockey Coaching Education Program.

Each team needs a team manager to assist the coach with fundraising, contacting parents, and other organizational matters. If you are interested in being a team manager, please contact the Tyke Director. The team manager is also automatically a member of the CYHA Parent's Organization, which provides coordination and financial support to CYHA. If you are interested in getting involved with the CYHA Parent's Organization, contact the CYHA Parent's Organization President, Lori Keyes at 487-4220.

Lastly, at a minimum, we ask that you make every effort to bring your child to each practice and have them dressed and ready to go on the ice at the designated time. Players should get dressed in the locker rooms, not in the lobby area. One or two locker rooms should be assigned to the Tykes at their scheduled ice time. The assignment board is located on the right side of the door to locker room hallway. Dressing players in the locker rooms would assist coaches/team managers in the distribution of handouts or providing pertinent information. Thanks for your help!

## Glossary of Hockey Terms

**Assist** – An “assist” is credited in the scoring records to the player that is involved in the play immediately preceding a goal. Maximum of two assists per goal.

**Back Check** – The action of the forwards skating back into their defensive zone to break up the opposing team’s offensive play.

**Body Check** – Using the body against an opponent who has possession of the puck to break up an offensive play. (Not legal in Tyke division)

**Breakaway** – When there are no defending players between the puck carrier and the opposing goalkeeper.

**Breakout** – Movement of a team in possession of the puck out of its Defensive Zone.

**Changing on the Fly** – Substitution of players while the clock is running.

**Clearing the Puck** – Shooting the puck out of the Defensive Zone or away from the front of the goal.

**Delayed Penalty** – A team shall not be shorthanded on the ice more than two players at any one time because of imposed penalties. Therefore, should a team receive a third penalty, that penalty shall be delayed in its start until one of the preceding penalties has terminated. The referee will not call a penalty until the offending team touches the puck.

**Delayed Whistle** – When a violation occurs, the official will not blow the whistle to stop play as long as the non-offending team has possession of the puck. The moment the offending team touches the puck, play will be stopped.

**Face-off** – The dropping of the puck between one player from each team to start play.

**Forechecking** – Attempting to break up an opponent’s offensive play.

**Freezing the Puck** – Holding the puck against the boards with the stick or skate in order to stop play.

**Goal Crease** – The area marked off in the front of the goal. An offensive player may not enter the crease unless the puck is already inside this “area”.

**Goal Judge** – An off-ice official who sits behind the goal, outside the boards, and determines if the puck enters the goal. Should there be a difference of opinion, the referee will have the final decision.

**Hat Trick** – When one player scores three goals in a game.

**Icing** – A team, when both teams have an equal number of players on the ice, may not shoot the puck from behind the center red line over their opponent’s goal line (except if it goes into the goal).

**Minor Official** - More properly referred to as “off-ice officials” – includes the Goal Judges, Game Timer, Penalty Timer and Official Scorer. Not all positions are utilized in youth games.

**Off-Side** – When an offensive player precedes the puck across the blue line into the offensive zone. For an off-side violation, a face-off will be conducted in the Neutral Zone.

**Off-Side Pass** – The puck may not be passed from a team’s defensive zone to a player of the same team who is beyond the center red line.

**The Point** – The position of the defenseman in his/her offensive zone inside the blue line near the side boards when his/her team is attempting to score.

**Poke Check** – Knocking the puck away from an opponent with the blade of the stick.

**Power Play** – The attempt to score by a team which has a numerical advantage due to a penalty or penalties.

**Referee’s Crease** – A restricted area, marked by a red line, in front of the timer’s table in which a player is prohibited from entering while the referee is reporting a penalty.

**Screen** – Offensive players positioning themselves to block the opposing goalkeeper’s view of the puck.

**Shorthanded** – When a team is playing with one or two fewer players than their opponent, as a result of penalties.

**Slap Shot** – A sweeping motion with an accentuated back swing to shoot the puck (like a drive in golf).

**Sweep Check** – A sweeping motion with the stick flat on the ice to take the puck away from an opponent.

**Wrist Shot** – The motion of shooting the puck with the puck against the blade of the stick.

**Reproduced from “USA Hockey, Parents’ Introduction to Youth Hockey.”**

**CAMILLUS YOUTH HOCKEY ASSOCIATION, INC.**  
**PO BOX 644**  
**CAMILLUS, NY 13031-0644**

**SPONSORSHIP INFORMATION FOR THE 2011-2012 SEASON**

CYHA, formed in 1971, is a privately funded, non-profit organization that depends entirely on volunteer coaches, directors, and other contributors to meet expenses. Our organization offers recreational and travel hockey to approximately 385 families with children from pre-school to high school age. CYHA coordinates practices, leagues games, clinics, tournaments, and championship play-offs from Fall to Spring each year at our home rink located at Shove Park in Camillus, New York. Shove Park is a multi-purpose facility used year round for activities that draw thousands of visitors to your advertising. With rising costs for uniforms, ice time, and supplies we are increasingly dependent upon and grateful for the generosity of corporate sponsors. CYHA is one of the most successful youth programs in Central New York. As one of our sponsors, we hope you will feel a measure of pride in our program. We offer advertising signs at Shove Park with each level of sponsorship described below.

Designation	Fee	Recognition
Hat Trick Level	\$500.00 to be submitted with CYHA Sponsorship Form *Optional upgrade available	* Patch on jersey of designated team ( <i>limited availability and based upon sponsorship seniority</i> ) * 4'x4' advertising sign on an arena wall opposite the bleachers at Shove Park * Plaque with team picture recognizing your contribution to CYHA * One-half page ad in all CYHA tournament programs * Recognition in newsletter to CYHA parents and listing on CYHA website at <a href="http://www.CYHA.org">www.CYHA.org</a>
Shut Out Level	\$350.00 to be submitted with CYHA Sponsorship Form *Optional upgrade available	* 4'x4' advertising sign on an arena wall opposite the bleachers at Shove Park * Plaque recognizing your contribution to CYHA * One-half page ad in all CYHA tournament programs and listing on CYHA website at <a href="http://www.CYHA.org">www.CYHA.org</a>

\*For our new sponsors, DW Lizzi and Son Signs construct signs at a generous discount to CYHA. CYHA orders a standard sign at a cost not to exceed to \$75. Any additional requests by the Sponsor may require an added fee to be paid directly to DW Lizzi and Son Signs by the Sponsor. The Town of Camillus is responsible for sign placement at the Rink and this generally takes place in January of each year and is subject to change. All Sponsorship requests must be approved by CYHA and/or the Town of Camillus.

\*Optional Upgrade: Please include an additional \$50.00 with your payment if you would like a link to your company's web site placed at [www.CYHA.org](http://www.CYHA.org).

**Please complete the attached CYHA Sponsorship Form.**

CYHA greatly appreciates your sponsorship. Should you have any questions, please to not hesitate to call Dave Philipponne, the 2011-2012 Sponsorship Director, at 315-427-4014.

**CYHA SPONSORSHIP FORM  
2011-2012 SEASON**

\_\_\_\_\_ (*insert name of sponsor as you wish it to appear in our publications*) hereby requests to become a sponsor of Camillus Youth Hockey Association, Inc. ( CYHA) and agrees to pay CYHA the sum of \$ \_\_\_\_\_ (*insert \$550, \$500, \$400 or \$350*) to be recognized in the appropriate manner for the season as indicated in the description of the sponsorship levels in the preceding letter attached hereto and made a part hereof.

\_\_\_\_\_  
Authorized Sponsor Signature

\_\_\_\_\_  
Date

Please enclose your check made payable to “Camillus Youth Hockey Association, Inc.”

**Please provide the following information:**

Is the additional fee of \$50.00 included with your check for a web link?    yes    no    (*circle one*)

If you are a \$500 Hat Trick Sponsor and desire to request a specific player’s team for sponsorship please provide us with that name: \_\_\_\_\_  
(*CYHA will try to accommodate requests but in certain instances all requests cannot be honored*)

Please submit with this form your black and white, camera-ready one-half page advertisement.

Sponsor Contact Person: \_\_\_\_\_  
(*For new sponsors DW Lizzi and Son Signs will contact this individual to review the standard sign layout*)

Address: \_\_\_\_\_

Phone: \_\_\_\_\_                      Fax: \_\_\_\_\_

Email: \_\_\_\_\_                      Web Address: \_\_\_\_\_

Please provide us with a brief summary of your business for publication in the CYHA newsletter:

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**Please submit this form, the requested documents and the check to the following address:**

**Sponsorship Director  
Camillus Youth Hockey Association  
PO Box 644  
Camillus, NY 13031-0644**