



## ***“Rock the House” with the ADIRONDACK House League***

**Everything you should know about the House League.  
2009 – 2010 Season**

### **Termite Program**

The Termite program is our introductory hockey program for our youngest group of members. It is predominately a “Learn-to-Skate” program to get those who are beginners or have never skated to become confident at skating. Once they are skating, the program also offers other basic hockey skills needed to play the sport of hockey. The Termites meet once per week from November 1<sup>st</sup> thru March 31<sup>st</sup> every Monday at the GFCC Glens Falls Civic Center. The AYHA has recently purchased 20 complete sets of all equipment needed (excluding skates & stick) to borrow at no cost to get started. The equipment can be used until you purchase your own equipment or for the whole season. The equipment is ideal for 5 to 8 year olds and is free of charge. A separate, refundable deposit is required as collateral until the equipment is returned. Contact Tim Guy @ (518)-321-5797 for info.

- Ideal for **ages 2 to 8 years old**
- Program is for both boys and girls combined
- A limited supply of new & used free equipment is available, contact Tim Guy @ (518)-321-5797
- All players receive an Adirondack Phantoms Youth Hockey jersey.
- Located at the GFCC rink Note: on occasion it may be held at the Glens Falls Recreation Center rink.
- Meets once per week, each ice time is 1 hour and 15 minutes long.
- Meets every Monday night around 5:45pm Note: go to [www.ADKHockey.com](http://www.ADKHockey.com) for scheduled times.
- Jeff Willis, President of AYHA, will be coaching the termites this year along with several other coaches.
- Parent volunteers are welcomed and needed both on and off the ice.
- Parents are required to work 8 hours as a volunteer per child as part of the membership fee.
- Parents can accomplish their volunteer hours by working the snack bar at the GF Recreation Center rink.
- All on ice volunteers are required to wear a helmet and skates.
- All on ice volunteers must pay for their own insurance with a \$33 membership with USA Hockey.
- All players must also have a USA Hockey membership to skate. Children 6 and under are registered free of charge.

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**Adirondack Youth Hockey Association  
P.O. Box 940**

[www.AdkHockey.com](http://www.AdkHockey.com)

**Glens Falls, NY 12801**

**Ph:(518)–791–7343**

## **Cross-Ice Program**

The Cross-Ice program is for children around ages 4 to 8 years old. Typically by this age they have learned to skate in the Termite program and can start to focus on other skills such as stick handling, skating with the puck and learning how to play the game of hockey. It is not required that your child has experienced the Termite program to participate in the Cross-Ice program. The Cross-Ice program received its name from the

concept of splitting up a standard adult sized ice rink into three sections and practicing and playing games from side to side vs. end to end. The benefit to having mini-rinks is it condenses the amount of space that a child has to traverse or skate to get from one goal to the next. It allows more opportunities for players to touch the puck and creates an environment where players have to skate around other players.

- Ideal for **ages 4 to 8 years old**
- Program is for both boys and girls combined
- All players receive an Adirondack Phantoms Youth Hockey jersey.
- Located at the Glens Falls Recreation Center rink.
- Meets twice per week, each ice time is 1 hour and 15 minutes long.
- Meets two nights during the week, early evening, go to [www.ADKHockey.com](http://www.ADKHockey.com) for scheduled times.
- Many sessions will be a combination of skating and skills development working towards game play.

## **Minors House League**

The Minors House program is for children between the ages of 6 to 10 years old who have participated in youth hockey for a few years and can play the game of hockey. The Minors House league is a combination of Mite and Squirt level players who are evaluated in the beginning of the season and are split equally into several Minors House League teams. The Minors House League also includes and incorporates the Mite B and Squirt B travel team players as part of the house league. There will be 4 teams for the 2010 season. The teams are assigned a coach and assistant coach and will have a practice to game ratio of 3 practices for every 2 games. Each game is officiated, which also teaches the players the rules of the game such as icing, off sides and penalties that result in players serving time in the penalty box. In addition to skating skills, stick handling and puck control, each player is taught the positions of the game and value of team play. The season ends in March with the “Gazzillo Cup” playoffs, named after a former AYHA member.

- For **ages 6 to 10 years old** with birth years 1999 to 2002
- Program is for both boys and girls combined
- The Minors House League is a combination of Mite and Squirt level players
- There will be 4 teams for the 2010 season.
- The Mite B and Squirt B travel team players are mixed into the teams as part of the house league.
- All players receive an Adirondack Phantoms Youth Hockey jersey and sox.
- Most practices and games are at the Glens Falls Recreation Center rink.
- Meets twice per week, each ice time is 1 hour and 15 minutes long.
- Meets two nights during the week, go to [www.ADKHockey.com](http://www.ADKHockey.com) for scheduled times.
- They will have a practice to game ratio of 3 practices for every 2 games

- Many practices will be a combination of skating skills, stick handling, puck control and positioning.

## **Majors House League**

***The first Majors skate will be at the Glens Falls Recreation Center on Sunday, November 1***

***Players with last names beginning with the letter A to L skate from 1:00PM-2:15PM***

***Players with last names beginning with the letter M to Z skate from 2:30PM-3:45PM***

## **Majors House League**

The Majors House program is for children between 11 to 14 years old who have participated in youth hockey for several years and can play the game of hockey. The Majors House league is a combination of Pee wee and Bantam level players who are evaluated in the beginning of the season and are split equally into several Majors House League teams. The Majors House League also includes and incorporates the Pee wee B and Bantam C travel team players as part of the house league. There will be 4 teams for the 2010 season. The teams are assigned a coach and assistant coach and will have a practice to game ratio of 3 practices for every 2 games. This level of play will include checking as part of the game. Each game is officiated, which also teaches the players the rules of the game such as icing, off sides and penalties that result in players serving time in the penalty box. In addition to skating skills, practices will be a combination of positioning, checking, stick and puck control and value of team play. The season ends in March with the “Gazzillo Cup” playoffs, named after a former AYHA member.

- For **ages 11 to 14 years** old with birth years 1995 to 1998
- Program is for both boys and girls combined
- The Majors House League is a combination of Pee Wee and Bantam level players
- There will be 4 teams for the 2010 season.
- The Pee wee B and Bantam C travel team players participate in the house league.
- This level of play will include checking as part of the game.
- All players receive an Adirondack Phantoms Youth Hockey jersey and sox.
- Most practices and games are at the Glens Falls Recreation Center rink.

- Meets twice per week, each ice time is 1 hour and 10 minutes long.
- Meets two nights during the week, go to [www.ADKHockey.com](http://www.ADKHockey.com) for scheduled times.
- They will have a practice to game ratio of 3 practices for every 2 games
- Practices will be a combination of skating skills, positioning, checking, and stick and puck control.