

Termite Information Sheet

Philosophy

The Adirondack Youth Hockey Association (AYHA) Termite program is a learn-to-skate program. The children are taught to skate in a fun, open environment that promotes development of hockey skating skills.

Frequently Asked Questions

What equipment does my child need?

The most important equipment for your child is skates and a helmet. The skates need to be well-fitted to ensure that their feet do not move in the skate. Kids with skates that are too big have trouble maintaining balance as their skates will flex at the ankles. Additionally, the power generated by their stride gets absorbed by the skate rather than translated to the blades when wearing skates that are too big.

A helmet is also extremely important as it will protect their head when they fall. The helmet should be fitted so their chin rests in the chin cushion on the helmet cage. A properly fitted helmet cannot be pulled off a child's head when all the straps are buckled. Most helmets are adjustable. Adjustable helmets have two sets of screws on both sides. The screws can be loosened and the helmet can be collapsed or expanded to fit their head properly by pushing or pulling the two plastic shells.

Gloves, shorts, shin pads, elbow pads and shoulders provide added protection to their joints and bottoms. It is recommended that Hockey gloves rather than winter gloves are worn on the ice. Children often fall near one another and in attempting to get back to their feet and hands may get inadvertently stepped on.

Does my child need a protective cup or jock strap?

At this age, most kids cannot flip the puck in the air. A cup is not a necessity. As your child progresses, you will want to introduce them to a cup as it will become mandatory. Do not be surprised if wearing a cup is uncomfortable for the first few skates.

Why does my child refuse to wear some of their hockey gear?

Many kids feel uncomfortable in their equipment as the equipment is new to them and may restrict their natural motion. Do NOT force them to wear equipment that makes them feel uncomfortable unless skating without the equipment affects their safety. In many cases, the equipment may not fit their body perfectly and it may actually be hurting them. Poorly fitting equipment may negatively impact their experience as well as their physical ability to skate. Please see a coach for help, if you are unsure whether your equipment is properly fitted. **A demonstration of how to properly dress your child will be given near the end of practice today at 6:45 in the locker room.**

Does my child need a hockey stick?

In the early part of the season, a stick is not needed. Many kids will rely on the crates and red walkers and therefore will not need their stick. Once your child no longer needs these tools for balance, you should have them bring a stick to practice.

Is my child's hockey stick the right size?

All sticks need to be cut down for kids this small. A properly sized stick will come up to your child's chin when they are standing on their toes.

Are my child's skates sharp enough?

A sharp skate blade is imperative to your child learning how to skate. Each blade has two edges, an inside edge and outside edge. In order to tell whether a skate blade is sharp, take the blade edge and rub it gently on the face of your thumbnail. A sharp blade will scrape the nail's surface.

Emphasize the importance of sharp skates to your child by discussing the dangers a sharp edge poses and by reminding them to avoid walking on the concrete in the locker room area and the steel beneath the gate entrance to the ice. Avoiding walking on these surfaces will keep their blades sharper for a longer period of time.

Will my child get a jersey and socks?

Jerseys and socks will be provided to all players. You can expect them to be available in late November. The order is pending finalization of the registration numbers for the Termites.

Can I come out on the ice with my child?

AYHA encourages all parents to come and join the fun. However, due to the liability you must wear a helmet and register on-line with USA Hockey as a coach to be covered by our insurance. The registration is performed on-line at www.usahockey.com and will cost you \$33. If you currently play hockey and are registered with USA Hockey as a player, you are already covered by the insurance.

How can I help out other than going out on the ice?

AYHA is a volunteer organization. We thrive on the efforts of all our members. With this group, we need help getting kids on and off the ice, moving crates on and off the ice, bringing snacks and planning for our various activities. The point person for coordination of the Termite group is Marianne McCarty. Please see Marianne to volunteer.

Am I required to do volunteer hours?

Yes! All families are required to do 8 hours of volunteer time for each kid in AYHA up to 20 hours maximum. Parents that help out on the ice during practice will receive 4 hours credit. Other opportunities to complete your volunteer hours include working at the concession stand at the Glens Falls Recreation Center or working as a skate guard during the open skating at the Glens Falls Recreation Center. A sign-up sheet is posted at the Glens Falls Recreation Center in front of the concession area.

Why does my child want to come off the ice?

Do not force your child to stay on the ice. For many kids, this will be their first experience with a sport and they are taking direction from strangers. They may have not seen you during the day or they may be tired from school or other activities. Sometimes they just need a break. Allow them to come off and get a drink of water and encourage them to get back on the ice after they have rested. If you are having continuous trouble with your child, ask for help from one of the coaches.

What will my child be taught?

We begin with falling and getting back to our feet. Once we have mastered that, we can focus on skating techniques and leg strength as well as puck handling. You will see us doing a lot of circles around the nets. These are commonly known as 'Flow Drills'. The purpose of the flow drills is to get all the kids practicing at once rather than making them stay in lines while waiting to practice a skill. By the end of the season, we will start trying to skate backwards.

Will my child skate without a crate or bar?

Yes! Every kid will progress to skating without the aid of a crate or bar. Typically, by the end of January, most kids will graduate from using the crates. Each child is different, so be patient. Their decision to leave the crates will come with increased strength and self-confidence.

When will my child play hockey games?

Cross-Ice games will be introduced as the kids skating ability progresses. Formal games are introduced at the next level (Cross-Ice / Mites).

Will there be team pictures?

Yes! AYHA offers individual and team photos for the Termites in December. The pictures will be taken at the Glens Falls Recreation Center. More information on the pictures will be published later in November.

Will the Termites skate between periods at an Adirondack Phantoms game this year?

Yes! AYHA is partnering with the Phantoms and the kids will play a game between periods of a Phantoms home game at the Civic Center in April. We will have plenty of tickets available for the game, so please wait to purchase your tickets from AYHA rather than the Glens Fall Civic Center Box Office. More details will be provided as we get closer.

If you have any other questions, please contact:

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