

Red Mites / 1st year participants (8U Girls),

The hockey season runs approximately from the middle of October to the beginning of March. The schedules are posted on the website by October 1st and the first practices are around the middle of October. The remaining schedules are usually posted at least 1 week prior to the last practice/game on the previous schedule. There will be On-Ice Coordinators that manage the practices and select the teams. Voluntary coaches (usually a couple of parents per team) help with the practices and games. All coaches **MUST** be USA Hockey certified, registered with USA Hockey and have a background check performed by the Bureau of Criminal Investigations. Each team will have a team manager that will distribute information (pictures, raffle tickets, etc.) from the organization to the participants.

There will be a sign-up sheet at the first two practices for coaches and team managers. Coaches need to visit www.USAHockey.com and register for the Bismarck coach's clinic. 8U Girls will be playing in the white mite division. Red Mites: If your child will be 9 years old prior to July 1 of next year, please talk to one of the on-ice coordinators about the fact that your child will be playing squirts or 10U girls the following year. If the child is capable of playing at the higher level, the coordinators should move your child up to white mites as soon as possible.

Equipment Policy: Each participant is required to wear protective equipment for all games, warm-ups and practices. Required protective equipment includes gloves, shin pads, shoulder pads, elbow pads, padded hockey pants, protective cup, colored (non-clear) mouth guard, **neck guard (new for 08-09)**, HECC approved skates and HECC approved helmet with HECC approved facemask. All protective equipment must be designed specifically for ice hockey. Other equipment that is needed: Hockey stick (required), hockey tape, tape wax, hockey socks, protective cup/pelvic (girls and boys). You can find hockey shorts that have cup/pelvic protection built-in and also have Velcro to hold up the hockey socks. Please contact Duffy Sports or Scheels Sports for any questions relating to hockey equipment. This policy will be followed for ALL practices and games in which BHB participates. There is a simple no tolerance rule to this policy: If the participant does not have all of the required protective equipment, the coach or coordinator will not allow the participant on the ice.

Have a great season,

Dave Allard
Red Mite Off-Ice Coordinator