



## Novice Program

### *Frequently Asked Questions*

**Q. Do we have to attend?**

**A.** The question is why would you not attend? Every year Lakeshore participants spend money sending their kids to summer hockey camps. The pre-season lessons are part of your registration so why not take advantage of the sessions. It is understood that it is a busy time of the year and that not everyone can attend every session. The objective is to lay the ground work for the coaches to continue to build on during the year.

**Q. My player has never skated before...can she/he still participate?**

**A.** Absolutely! There are groups designed specifically for Beginners aimed at introducing them to both skating and hockey.

**Q. My child is not challenged by the material. What do I do?**

**A.** We must pay particular attention to the fact that players develop their skills in practice and not in games. The more repetitions, the quicker they will master the basics and be able to progress to more complex tasks. Every child can benefit from the sessions no matter what their individual skill set is. Have a talk with your child and explain that she/he should be going out there and always trying to be better than they were the previous time. This is their chance to be a leader or role model to others on the ice.

**Q. What levels will we have?**

**A.** Instead of using age, we recognize the patterns and stages of growth and development differ within the same age group. Simply put, a player's progression is based not solely on age, but age and ability. A beginner may still a beginner whether he or she is 7 years old or 8. In Novice, there are generally 3 levels (A, B and C); with the players being grouped according to skill level - at this age usually skating ability. The convener and coaches will assess the skill level of the players and discuss placement according to ability. Remember that the level a child plays at when they are 7 or 8 is not reflective of the level they might attain as an older player. At this age we must lay the proper foundation to build on in future years. If they play at a level where they enjoy success and can try new skills, they learn more in a shorter time then they will if placed at a level that is over their heads.

**Q. What equipment will be needed prior to starting?**

**A.** Below the list of equipment required for the first day of practice. If you are not sure what to get or need assistance, please feel free to email one of the Novice Conveners.

- Helmet
- Facemask
- Neck Guard
- Shoulder Pads
- Elbow Pads
- Gloves
- Hockey Pants
- Jock/Jill Strap
- Shin Guards
- Skates
- Game Jerseys and socks will be provided once teams are selected

If it's your first practice and you're not sure how all the equipment goes on please don't hesitate to ask someone to help out (we have all been there before).

**Some interesting stuff...**

**The proof is in the Numbers;**

The following statistics were recorded during a 60 minutes Pee Wee level hockey game.

- Players will have the puck on their stick for an average of 8 seconds per game
- Players will take an average of 1 - 2 shots per game
- 95% of passes made backwards are successful
- Players will take an average of 18 shifts per game
- 99% of the feedback coaches give players is when they have the puck. *Ironically, players only have the puck on their stick for 0.2% of the game!!!*

**Some words from the Pro's;**

*"Very few Jean Beliveau's or Paul Coffey's come through the ranks now because we're taught so many systems and so much discipline at a young age that we've taken away a lot of creativity."*

*Wayne Gretzky*

*"There is no use teaching team play, until the kids have reasonable mastery of skating, passing and puck control."*

*Dr. Murray Smith  
Sports Psychologist*

*"You need to practice to become a better player. You see some kids playing 60 - 70 games, that's almost too much for a 15 or 16 old. When you are 6 to 10 or 6 to 12, you've got to be practicing all of the time."*

*Paul Kariya*

*“When they have too many games when they are young, they are going out trying to fulfill a role and trying to not make mistakes, and as a result they get very little skill improvement.”*

*Dr. Murray Smith  
Sports Psychologist*

*“It is imperative in Canada that we focus on our youth development programs to ensure that every player gains a skill base and enjoys the game.”*

*Mike Johnston*

*The LMHF hopes you and your child have a great and enjoyable experience and please do not hesitate to get involved, whether on ice or off the, ice to show the kids what teamwork is all about!!*

