



## **SKMHA Intro to Hockey Guide**

Welcome to the Lightning!

Here you will find some helpful tips for the first time player and parents.

Once you have registered your player with SKMHA, you can follow our association on Instagram, Facebook, or Twitter to receive updates about our season. As well, if you go to the bottom left of the main screen on our website, you will see a Manage Subscriptions area where you can sign up for email and text alerts. Our first ice times will be sometime in September, so be sure to check the website for updates.

Your player will require the proper equipment in order to safely participate. Here is a link to a webpage that explains precisely the equipment your player is required to be wearing while on the ice.

<https://newtohockey.com/hockey-equipment-buying-guide-for-kids/>

If your player is registered in U7, you will see groups divided by names of IP1, IP2, and IP3. Coaches will evaluate the players at the beginning of the season and place them in one of the 3 groups based upon experience and ability. The IP1 group is usually composed of our youngest players who are just learning the basics of skating. In IP2 you will see players who have already played at least a season or might be older and more capable of skating. The IP3 group is mostly players in their third year of hockey.

Any questions or concerns you may have about getting started in hockey can be sent to any of our board members. They will happily help to guide you. There is a contact list on our website under the About Us tab.

