



Triangle Youth Hockey of North Carolina

2008-2009 Season Information

www.tyhnc.org

Check website often for updates



Dear Triangle Youth Hockey Player,

Welcome to another year of exciting youth hockey. TYHNC is dedicated to helping young players learn the game, develop their hockey skills and have fun! Practice schedules are included in the packet and are shown for 2008. Check the website for 2009 updates.

TYHNC will play the vast majority of its games with opponents from Raleigh Youth Hockey Association (RYHA) house league teams. Home games will be played at the Sportsplex and away games will be played in the Raleigh area.

An important aspect to a successful season is parental involvement. Each team will need volunteers to assist the coach in managing the season, as follows:

- Manager - Designate time keeper, scorekeeper and penalty box monitor for all home games. Assist in general team administration/communications, collect and maintain USA Hockey forms and birth certificates, plan end of season festivities.
- Scorekeeper / Statistician - prepare and manage score sheets at games, submit game results and statistics.
- Time Keeper -- run game clock at home games and away games, as needed
- Penalty Box Monitor-- work penalty box doors at home and away games
- Snack coordinator (for the younger kids) – coordinate snack distribution at games

Communication within an organization as large as TYHNC is always a challenge. There are several ways the board attempts to get the word out about games and other issues: the TYHNC website (www.tyhnc.org), the bulletin board at the Sportsplex and email. We would like to encourage players and their parents to check the TYHNC website often. It contains the most up to date information available on games and board meetings.

Here's to a successful hockey season,

TYHNC Board of Directors

Vance Tucker
President

Bud Johnston
Director of Hockey

Will Pritchard
Treasurer

Elena Barnes
Communications Director

Alice Glover
Registrar

Tim Bukowski
ACE (Assoc. Coaching & Education) Coordinator

Jodi Lopeman
Secretary

For questions, email: president@tyhnc.org or admin@tyhnc.org

Rink Locations

Additional rink locations may be found at www.tyhnc.org

CARY
ICE HOUSE
1410 Buck Jones Road
Cary, NC 27606
919-481-1200

GARNER
ICE HOUSE
103 New Rand Road
Garner, NC 27529
919-861-7465

GREENSBORO
ICE HOUSE
6119 Landmark Center Blvd.
Greensboro, NC 27407
336-852-1515

HILLSBOROUGH
TRIANGLE SPORTSPLEX
1 Dan Kidd Drive
Hillsborough, NC 27278
www.trianglesportsplex.com
919-644-0339

RALEIGH
REC ZONE
912 Hodges Street
Raleigh, NC 27608
919-754-0441

RALEIGH
ICE PLEX
2601 Raleigh Blvd.
Raleigh, NC 27604
919-878-9002

WAKE FOREST
ICE HOUSE
1839-200 S. Main Street
Wake Forest, NC 27587
www.factoryicehouse.com
919-453-1500

WILMINGTON
ICE HOUSE
7201 Ogden Business Lane
Wilmington, NC 28411
910-686-1987
www.wilmingtonice.com

I-40 east for 147 miles
Right onto Gordon Road (exit 420) for two miles
Left on Market Street for ½ mile
Turn left into Ogden Park
Turn right on Ogden Business Lane
Rink is on the left

From 440 Beltline: Take 440 Beltline to the WAKE FOREST ROAD exit. Coming from Capital go left - Coming from Six Forks go right. Go approx. 1 mile and turn left on HODGES STREET. Look for Southern States Volkswagon on right & Biscuitville on the left. The RecZone is ahead and on the right.

Mite House

Practice Schedule

Day	Date	Start	End
Tuesday	10/07/08	6:00 PM	7:15 PM
Wednesday	10/08/08	6:45 PM	7:45 PM
Tuesday	10/14/08	6:00 PM	7:15 PM
Tuesday	10/21/08	6:00 PM	7:15 PM
Wednesday	10/22/08	6:45 PM	7:45 PM
Tuesday	10/28/08	6:00 PM	7:15 PM
Tuesday	11/04/08	6:00 PM	7:15 PM
Wednesday	11/05/08	6:45 PM	7:45 PM
Tuesday	11/11/08	6:00 PM	7:15 PM
Tuesday	11/18/08	6:00 PM	7:15 PM
Wednesday	11/19/08	6:45 PM	7:45 PM
Tuesday	12/02/08	6:00 PM	7:15 PM
Tuesday	12/09/08	6:00 PM	7:15 PM
Wednesday	12/10/08	6:45 PM	7:45 PM
Tuesday	12/16/08	6:00 PM	7:15 PM

Squirt House

Practice Schedule

Day	Date	Start	End
Tuesday	10/07/08	6:00 PM	7:15 PM
Tuesday	10/14/08	6:00 PM	7:15 PM
Wednesday	10/15/08	6:45 PM	7:45 PM
Tuesday	10/21/08	6:00 PM	7:15 PM
Tuesday	10/28/08	6:00 PM	7:15 PM
Wednesday	10/29/08	6:45 PM	7:45 PM
Tuesday	11/04/08	6:00 PM	7:15 PM
Tuesday	11/11/08	6:00 PM	7:15 PM
Wednesday	11/12/08	6:45 PM	7:45 PM
Tuesday	11/18/08	6:00 PM	7:15 PM
Tuesday	12/02/08	6:00 PM	7:15 PM
Wednesday	12/03/08	6:45 PM	7:45 PM
Tuesday	12/09/08	6:00 PM	7:15 PM
Tuesday	12/16/08	6:00 PM	7:15 PM

Peewee House

Practice Schedule

Day	Date	Start	End
Wednesday	10/08/08	8:00 PM	9:15 PM
Thursday	10/09/08	7:15 PM	8:05 PM
Thursday	10/16/08	7:15 PM	8:05 PM
Wednesday	10/22/08	8:00 PM	9:15 PM
Thursday	10/23/08	7:15 PM	8:05 PM
Thursday	10/30/08	7:15 PM	8:05 PM
Wednesday	11/05/08	8:00 PM	9:15 PM
Thursday	11/06/08	7:15 PM	8:05 PM
Thursday	11/13/08	7:15 PM	8:05 PM
Wednesday	11/19/08	8:00 PM	9:15 PM
Thursday	11/20/08	7:15 PM	8:05 PM
Thursday	12/04/08	7:15 PM	8:05 PM
Wednesday	12/10/08	8:00 PM	9:15 PM
Thursday	12/11/08	7:15 PM	8:05 PM
Thursday	12/18/08	7:15 PM	8:05 PM

Bantam House

Practice Schedule

Day	Date	Start	End
Monday	10/06/08	8:20 PM	9:20 PM
Thursday	10/09/08	7:15 PM	8:05 PM
Thursday	10/16/08	7:15 PM	8:05 PM
Monday	10/20/08	8:20 PM	9:20 PM
Thursday	10/23/08	7:15 PM	8:05 PM
Thursday	10/30/08	7:15 PM	8:05 PM
Monday	11/03/08	8:20 PM	9:20 PM
Thursday	11/06/08	7:15 PM	8:05 PM
Thursday	11/13/08	7:15 PM	8:05 PM
Monday	11/17/08	8:20 PM	9:20 PM
Thursday	11/20/08	7:15 PM	8:05 PM
Thursday	12/04/08	7:15 PM	8:05 PM
Monday	12/08/08	8:20 PM	9:20 PM
Thursday	12/11/08	7:15 PM	8:05 PM
Thursday	12/18/08	7:15 PM	8:05 PM

Squirt Travel A

Practice Schedule

Day	Date	Start	End
Monday	09/22/08	7:15 PM	8:30 PM
Thursday	09/25/08	7:45 PM	9:00 PM
Monday	09/29/08	7:15 PM	8:30 PM
Thursday	10/02/08	6:15 PM	7:45 PM
Monday	10/06/08	7:10 PM	8:10 PM
Thursday	10/09/08	6:15 PM	7:05 PM
Monday	10/13/08	7:10 PM	8:10 PM
Thursday	10/16/08	6:15 PM	7:05 PM
Monday	10/20/08	7:10 PM	8:10 PM
Thursday	10/23/08	6:15 PM	7:05 PM
Monday	10/27/08	7:10 PM	8:10 PM
Thursday	10/30/08	6:15 PM	7:05 PM
Monday	11/03/08	7:10 PM	8:10 PM
Thursday	11/06/08	6:15 PM	7:05 PM
Monday	11/10/08	7:10 PM	8:10 PM
Thursday	11/13/08	6:15 PM	7:05 PM
Monday	11/17/08	7:10 PM	8:10 PM
Thursday	11/20/08	6:15 PM	7:05 PM
Monday	12/01/08	7:10 PM	8:10 PM
Thursday	12/04/08	6:15 PM	7:05 PM
Monday	12/08/08	7:10 PM	8:10 PM
Thursday	12/11/08	6:15 PM	7:05 PM
Monday	12/15/08	7:10 PM	8:10 PM
Thursday	12/18/08	6:15 PM	7:05 PM

Peewee Travel A

Practice Schedule

Day	Date	Start	End
Tuesday	09/23/08	7:30 PM	8:45 PM
Thursday	09/25/08	7:45 PM	9:00 PM
Tuesday	09/30/08	7:30 PM	8:45 PM
Thursday	10/02/08	6:15 PM	7:45 PM
Tuesday	10/07/08	7:30 PM	8:45 PM
Thursday	10/09/08	6:15 PM	7:05 PM
Tuesday	10/14/08	7:30 PM	8:45 PM
Thursday	10/16/08	6:15 PM	7:05 PM
Tuesday	10/21/08	7:30 PM	8:45 PM
Thursday	10/23/08	6:15 PM	7:05 PM
Tuesday	10/28/08	7:30 PM	8:45 PM
Thursday	10/30/08	6:15 PM	7:05 PM
Tuesday	11/04/08	7:30 PM	8:45 PM
Thursday	11/06/08	6:15 PM	7:05 PM
Tuesday	11/11/08	7:30 PM	8:45 PM
Thursday	11/13/08	6:15 PM	7:05 PM
Tuesday	11/18/08	7:30 PM	8:45 PM
Thursday	11/20/08	6:15 PM	7:05 PM
Tuesday	12/02/08	7:30 PM	8:45 PM
Thursday	12/04/08	6:15 PM	7:05 PM
Tuesday	12/09/08	7:30 PM	8:45 PM
Thursday	12/11/08	6:15 PM	7:05 PM
Tuesday	12/16/08	7:30 PM	8:45 PM
Thursday	12/18/08	6:15 PM	7:05 PM

18-U Team 1

Practice Schedule

Day	Date	Start	End
Thursday	10/09/08	8:15 PM	9:05 PM
Monday	10/13/08	8:20 PM	9:20 PM
Thursday	10/16/08	8:15 PM	9:05 PM
Thursday	10/23/08	8:15 PM	9:05 PM
Wednesday	10/29/08	8:00 PM	9:15 PM
Thursday	10/30/08	8:15 PM	9:05 PM
Thursday	11/06/08	8:15 PM	9:05 PM
Monday	11/10/08	8:20 PM	9:20 PM
Thursday	11/13/08	8:15 PM	9:05 PM
Thursday	11/20/08	8:15 PM	9:05 PM
Wednesday	12/03/08	8:00 PM	9:15 PM
Thursday	12/04/08	8:15 PM	9:05 PM
Thursday	12/11/08	8:15 PM	9:05 PM
Monday	12/15/08	8:20 PM	9:20 PM
Thursday	12/18/08	8:15 PM	9:05 PM

18-U Team 2

Practice Schedule

Day	Date	Start	End
Thursday	10/09/08	8:15 PM	9:05 PM
Wednesday	10/15/08	8:00 PM	9:15 PM
Thursday	10/16/08	8:15 PM	9:05 PM
Thursday	10/23/08	8:15 PM	9:05 PM
Monday	10/27/08	8:20 PM	9:20 PM
Thursday	10/30/08	8:15 PM	9:05 PM
Thursday	11/06/08	8:15 PM	9:05 PM
Wednesday	11/12/08	8:00 PM	9:15 PM
Thursday	11/13/08	8:15 PM	9:05 PM
Thursday	11/20/08	8:15 PM	9:05 PM
Monday	12/01/08	8:20 PM	9:20 PM
Thursday	12/04/08	8:15 PM	9:05 PM
Thursday	12/11/08	8:15 PM	9:05 PM
Wednesday	12/17/08	8:00 PM	9:15 PM
Thursday	12/18/08	8:15 PM	9:05 PM



Standard of Play and Rules Emphasis

Through the new standard of rules enforcement, our game, much like the National Hockey League, will continue to allow the opportunity for improved skill development and a more positive hockey environment for all participants. The mission of USA Hockey is clear; through this new initiative a greater emphasis will be placed on skating, puck possession and the proper use of the body to establish position and a competitive advantage.

The goal of the enforcement standard is to reduce restraining infractions in the game and not to remove legal body checking or body contact. A hard body check or using body contact/position (non-checking classifications) to gain a competitive advantage over the opponent should not be penalized as long as it is performed within the rules.

The principles of this new enforcement standard include the following:

- * The use of the stick will be limited to only playing the puck.
- * The stick will not be allowed to in any way impede a player's progress.
- * The use of a free hand/arm will not be allowed to grab or impede a player's progress.
- * Players who use their physical skills and/or anticipation and have a positional advantage shall not lose that advantage as a result of illegal acts by the opponent.
- * Players will be held accountable for acts of an intimidating or dangerous nature.

Enforcement Standard – These penalties are to be called with very strict enforcement

HOOKING

* A player cannot use his/her stick against an opponent's body (puck carrier or non-puck carrier) to gain a positional advantage. Examples include:

- tugs or pulls on the body, arms or hands of the opponent which allows for the space between the players to diminish
- placing the stick in front of the opponent's body and locking on – impeding the opponent's progress or causing a loss of balance.
- stick on the hand/arm that takes away the ability for the opponent to pass or shoot the puck with a normal amount of force

TRIPPING

* A player cannot use his/her stick on the legs or feet of an opponent in a manner that would cause a loss of balance or for them to trip or fall. Examples include:

- placing the stick in front of the opponent's legs for the purpose of impeding progress, even if on the ice, with no effort to legally play the puck
- placing the stick between the legs of the opponent (can opener/corkscrew) that causes a loss of balance or impedes the progress of the opponent.

HOLDING

* A player cannot wrap his/her arms around an opponent or use a free hand to clutch, grab or hold the stick, jersey or body on the opponent in a manner that impedes their progress. Examples include:

- wrapping one or both arms around the opponent along the boards in a manner that pins them against the boards and prevents them from playing the puck or skating
- grabbing the opponent's body, stick or sweater with one or both hands
 - using a free arm/hand to restrain or impede the opponent's progress

INTERFERENCE

* A player cannot use his/her body ("pick" or "block") to impede the progress of an opponent with no effort to play the puck, maintain normal foot speed or established skating lane. Examples include:

- intentionally playing the body of an opponent who does not have possession or possession and control of the puck.
- using the body to establish a "pick" or "block" that prevents an opponent from being able to chase a puck carrier
- reducing foot speed or changing an established skating lane for the purpose of impeding an opponent from being able to chase a puck carrier

Allowed Actions

- * a player is entitled to the ice he/she occupies as long as they are able to maintain their own foot speed and body position between opponent and puck
- * players are allowed to compete for body position using their strength and balance in front of the goal or along the boards

SLASHING

* The use of the stick will be limited to only playing the puck. Any stick contact, as a result of a slashing motion, to the hands/ arms or body of the opponent will be strictly penalized. In addition, hard slashes to the upper portion of the stick (just below the hands) of an opponent, with no attempt to legally play the puck, shall also be penalized.

OTHER INFRACTIONS

In addition to the above mentioned enforcement standards, all other infractions, including contact to the head, checking from behind, cross checking, high sticking and roughing (including late avoidable checks) shall be penalized to a strict enforcement standard.

CONCLUSION

All members of USA Hockey share an equal responsibility to ensure the integrity of the game is upheld. The onus to incorporate change is not only on the officials, but also on administrators, coaches, parents and players, as well,

Administrators are expected to hold players, coaches, officials and parents accountable for their actions in an effort to promote a safe and positive environment for all participants.

Coaches are expected to teach proper skills and hold their players accountable for illegal and dangerous actions, regardless as to whether they are properly penalized, or not.

Parents are expected to support the decisions of the officials and support the coaches in teaching the proper skills in a safe and positive environment.

Officials shall enforce a strict penalty standard according to the guidelines that have been established.

Players are expected to compete within the playing rules.

All USA Hockey members must demonstrate awareness and support for the application, spirit and the respect of the rules in order for continued improvement in the game of hockey.

A Few Words to Parents

Keep in mind that, above all, the motivating factor for most children who enter an organized youth sports program is their desire to have fun. This is particularly true with young children, many of who are newcomers to the youth sports scene.

With a supportive attitude and a fundamental understanding of the "basics" of ice hockey, everyone will come away from their youth sports experience with a positive feeling.

In The Stands

Parents can take the fun out of hockey by continually yelling or screaming from the stands. Parents should enjoy the game and applaud good plays. The stands are not a place from which parents should try to personally coach their kids. Kids often mirror the actions of their parents; if they see mom or dad losing their cool in the stands, they'll probably do the same on the ice.

Car And Home

Some parents not only spoil the fun for their kids at the ice rink, but also in the car, believing this is the perfect place for instruction. Parents should try to keep things in perspective. There's more to life than hockey, and the car and home are not places to coach. Parents are responsible for supporting and respecting the coach's decisions and abilities. It is unfair to put children in a position of having to decide who to listen to — their parents or the coach.

At Practice

Parents should remember that if a child wants to improve, they have to practice — not just play. Even if a child is not the "star" player for a team, practice stresses the importance of teamwork, establishing goals, discipline and learning to control your emotions, all of which are important lessons children can use both in and away from sports.

At The Rink

Hockey parents can help create a fun environment by making certain their children are wearing properly fitted equipment. Parents also need to stress fair play and risk management to help eliminate injuries.