

Recreational Program

The Recreational or House Program is intended to provide a fun atmosphere while teaching the necessary skills in order to advance in the game of ice hockey. It is designed for the novice player or those players that seek a less competitive environment than the league program. This program is designed to serve as a developmental program to our league teams. Ice time is distributed equally to all players. Practices and games are normally held in town. Missouri Hockey (MOAM) sponsors a Playoff Tournament at the end of the season.

New to our House Program this year is our Girl's Team. Girls ages 9-12 may try-out to play on this team. The Girl's team will play games against other Squirt level teams in their division. If your player is interested in this program, be sure to register for the Girl's Team on our online registration!

Recreational teams are not offered at the Bantam or Midget Level. While the Meramec Hockey Club allows parents to select a preference for a recreational or league team, the club does reserve the right to place the player according to their ability if such preference were to be detrimental to other players on the team.

League Program

The League Program is designed for the more advanced player. Evaluations are mandatory. MHC reserves the right to limit the number of teams and players per team. Players who do not make a league team will be placed on a recreational team.

League teams compete against other league teams in the St. Louis metropolitan area, including Jefferson City, Kansas City, Springfield, IL and Springfield, MO. Travel teams are required to compete in two out-of-town tournaments at an additional cost, i.e. tournament fees, hotel costs, etc. The location of the tournament is determined by majority vote of the team. Any additional tournaments will require a 2/3 vote by the team.

MHC once again plans to host one or two tournaments (Thanksgiving, Christmas, St. Patrick's Day) that are designed to attract out-of-town teams. Our goal is to attract competitive teams in order to reduce the need to travel out-of-town.

Learn To Play Programs

HIP (Hockey Initiation Program) was developed by USA hockey for boys and girls ages 4-7. It was designed to help develop the players' skills in preparation for recreational and league teams in the future. We use a station format and work on all skating and stick handling skills necessary to advance to game play. We occasionally use small cross-ice games during the season to keep the young skaters interested. We expect to have approximately 60 to 100 skaters in our HIP program. HIP's one-hour skate sessions are tentatively planned for Saturday mornings at the Shark Tank beginning in late October. This session will last approximately 18 weeks and culminate in a game. After the game, trophies will be distributed to all HIP players. Rental equipment is available and each player receives a jersey to keep.

The Girl's Development Program is designed to introduce girls 6 – 14 years old to hockey. Development is similar to our HIP program and focuses on learning to skate and basic skills at an appropriate pace. The girls will be on the ice approximately 1 hour per week.

The Men's and Women's Learn to Play programs are designed to introduce interested participants that are high school age and up to the sport of hockey. Development focuses on learning to skate and teaches basic hockey skills at an appropriate pace. Practices are once a week for an hour.

Ice Time

Recreational teams will have approximately two hours of ice per week that will be split between games and practices. The season lasts approximately 27 weeks.

League teams generally get one solo ice practice and one shared ice practice each week. Every other week, the team should get an additional practice. There will be home and away games that result in an additional sixteen hours of ice. You can also expect a number of away practice games and tournaments. The season lasts approximately 27 weeks.

Practice times will vary from week to week, but a schedule for the entire season will be available from the team coordinator. Slight deviations can be expected as practices are rearranged to accommodate last minute game changes. Your team coordinator is responsible for communicating practice and game changes.

Weeknight practices generally occur between the hours of 5 and 10 PM. Weekend practices are generally any time between 6 AM and 10 PM. The number of late night practices is allocated according to age with the older players receiving the most. Early morning practices are alternated among all teams, with more of these times assigned to the younger players.

Equipment

MHC provides full equipment rental packages (excluding stick and skates) for our HIP players on a first-come, first-served basis. Rental equipment may be available for goalies as well. A refundable deposit of \$100 is required to rent this equipment.

Eligible Zip Codes and Pool Player Information

The Meramec Hockey Club district includes the following exclusive zip codes: 63010, 63012, 63052 and 63129. All players residing in these zip codes are required to play at least one year with MHC. Players residing in the 63125, 63127 and 63128 shared zip codes may also register with MHC. In addition, all boys and girls (ages 4-17) from the following undistricted zip codes are eligible to play with MHC: 63019, 63026, 63028, 63049, 63103, 63104, 63106, 63107, 63113, 63115, 63118, 63120, 63121, 63133, 63137 & 63140.

There are three exceptions to this rule:

- 1) If you have been denied access as a new player into your own district organization or have been "cut" from your own district organization because there were no available teams for you to play on (i.e. the teams are full), you should contact MOAM at (314) 842-6466 to insure that proper procedures are followed.
- 2) You have requested and had approved a "one-time" transfer. Contact MOAM for details.
- 3) If you do not make the AA team at your club and wish to try out for the AA team at another club, you must obtain a pool player form from MOAM and mail it to the club during the registration dates.

Registrations that fall outside our zip codes and do not fall under any of the exceptions above will be not be accepted.