

## Progressions of Hockey

- **Learn to skate** – Start in our Tot or Basic Learn to skate program
  - Tot: ages 3-5
  - Basic: ages 6+

### Must pass Basic 1 or Tot 1 to move onto Learn to Skate hockey classes

- Tot Hockey 1: Ages 3-5
- Instructional Hockey: Ages 6+

**Skaters must pass Tot Hockey 1 or Instructional Hockey one in order to move onto the next progression in hockey.** We still recommend taking the other Learn to Skate hockey (Tot or Instructional 2-4) while in the next program.

- **Equipment needed for Learn to Skate Hockey Classes**

- Hockey Helmet with a full cage
- Hockey gloves
- Hockey stick with a straight blade
- Hockey skates

We recommend starting out with the equipment listed above but working your skater into full gear as the classes progress (full gear listed below)

- **ADM Blue (in House)** – ages 8 and under

- Introduction to the game of hockey. Learn to play with a stick and a puck and the basics of playing with a team. Teams practice on ½ ice. Season is split in two. The first part of the season is learning skills and positions of the game. The second part of the season introduce game play. Where skaters learn what it is like to play a hockey game against another team.
- Full equipment is needed (from here on out)

- **Full equipment list**

- full caged hockey helmet
- mouth guard
- Neck guard
- Shoulder pads
- Elbow pads
- Hockey gloves
- Protective hockey pants
- Jock strap
- Shin pads
- Hockey skates
- Hockey stick
- Hockey tape

- **8U Travel Hockey** – Ages 8 and under

- Improve individual skills, continue to learn the rules of the game. Travel to play other teams. Games are played on half ice.

- **10U Travel Hockey** – Ages 10 and under
  - Full ice games are introduced. Travel to play other teams.
  
- **12U Travel Hockey** – Ages 12 and under
  - Continue to improve skills while learning to work as a team. Travel to play other teams.
  
- **14U Travel Hockey** – Ages 14 and under
  - Checking introduced
  - Prepare to play high school hockey
  
- **High School Hockey**
  - Play for your high school team (Mentor, Notre Dame, North Coast Collision)
  - Season long competitive games and practices
  
- **Juniors or College**
  - Play competitively
  - Scouted into professional teams
  
- **Professional Hockey**
  - FPHL (Mentor Ice Breakers), SPHL, ECHL, AHL, NHL
  - Get paid to play hockey