

Progressions of Hockey

Learn to Skate

Before registering for a Learn to Skate class you must become a member of Learn to Skate USA: www.learntoskateusa.com

Start here:

Tot classes: Ages 3-5

Basic Classes: Ages 6+

After your skater passes Tot 1 or Basic 1 they can take Tot Hockey 1 or Instructional Hockey 1

Equipment:

Tot and Basic Classes:

Helmet (bike helmet okay), gloves, warm athletic clothing

Tot Hockey and Instructional Hockey:

Hockey helmet with full cage, hockey gloves, hockey skates, hockey stick with straight blade

All other Hockey:

Full hockey equipment needed

Mighty Mite (In House): Ages 6 and Under

Skaters who have passed Tot Hockey 1 or Instructional Hockey 1 can participate. Learn skills to improve skating while also learning the rules of the game. Recommended to take Tot Hockey / Instructional Hockey 2,3,4 in LTS to supplement.

ADM Blue (In House): Ages 8 and Under

Skaters who have passed Tot Hockey 1 or Instructional Hockey 1 can participate. Learn skills to improve skating while also learning the rules of the game. Have a chance to play games against opposing teams. Recommended to take Tot Hockey / Instructional Hockey 2,3,4 in LTS to supplement.

* Skaters must become a member of USA Hockey: www.usahockey.com



Youth Travel Hockey: Ages 14 and Under

Travel Hockey teams are divided by ages and skill levels. Tryouts for Travel Hockey take place annually in the Spring

Age as of December 31st

8U Mite: Ages 8 and Under

- * Games played on half ice
- * Travels to play other teams

10U Squirt: Ages 10 and Under

- * Full ice games introduced

12U PeeWee: Ages 12 and Under

- * Keep improving skills

14U Bantam: Ages 14 and Under

- * Checking introduced
- * Prepare for High School Hockey

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High School Hockey

Full year practices and games

Mentor Ice Arena is home to: Mentor High School and Notre Dame Cathedral Latin High School

Juniors/ College Hockey

Full year practices and Games

Prepare for Professional level hockey

Professional Hockey

FPHL, ECHL, SPHL, ACHL, NHL

Get paid to play hockey



**MENTOR
ICE ARENA**

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