

MENTOR
ICE ARENA



HOCKEY

BEGINNERS GUIDE

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INFO LINE: (440) 974-5730 www.mentoricearena.com
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WELCOME

At Mentor Ice Arena, we pride ourselves on being a premier destination for hockey enthusiasts of all ages. From the tender age of 3 and beyond, we embark on a journey with our skaters, nurturing their passion for the sport through our comprehensive Learn to Skate and hockey programs.

Discovering the Ice: Learn to Skate Program

Our Learn to Skate program is the foundation where every aspiring hockey player begins their exciting journey. Designed for skaters starting at age 3, this program introduces the fundamentals of skating in a fun and supportive environment. Our experienced coaches provide a solid foundation, ensuring that each skater builds confidence on the ice.

Progressive Development

As skaters gain confidence and proficiency in skating, they seamlessly transition into our specialized hockey programs. We take pride in the progressive development of our skaters, instilling essential skills and a deep love for the game. From the early years to adulthood, Mentor Ice Arena is committed to fostering a lifelong passion for hockey.

Hockey for All Ages

Our commitment to inclusivity is reflected in our hockey programs, available for ages three through adults. Whether you're a parent looking to share the joy of the game with your child or an adult rediscovering the thrill of hockey, Mentor Ice Arena welcomes skaters of all ages and skill levels.

Why Choose Mentor Ice Arena?

- Experienced coaching staff dedicated to player development
- State-of-the-art facilities and equipment
- A welcoming community that celebrates the love of hockey

Join us at Mentor Ice Arena, where the magic of hockey comes alive, and every stride on the ice is a step toward a lifetime of enjoyment and achievement. Lace-up your skates, grab your stick, and let the journey begin!

EQUIPMENT



HOCKEY HELMET - WITH CAGE

A hockey helmet with a full cage is required for our youth hockey program starting in Learn to Play. To properly fit a hockey helmet for your skater, estimate the correct size, expand it fully, and place it on their head. Adjust slowly until snug but not uncomfortable. Have them wear it for a few minutes to check for pressure points. Ensure the cage fits securely with the chin cup snug against their chin to prevent displacement during impact. Helmet and cage sizes may not always match, so size each properly when purchasing.

HOCKEY SKATES

Skates are a vital piece of hockey equipment and can affect the way younger skaters develop their game. An improperly fitting pair of skates can be uncomfortable and may make skaters not want to get out on the ice. When choosing a pair of skates, it is important to make sure that they are the right size, the right fit for their foot shape, and made of high quality materials.

HOCKEY STICKS

A straight stick is a good starter stick for first time skaters. As skaters become more experienced, they can begin to make decisions on curve, lie and the use of composite sticks. Length of the stick should generally reach from the ice or floor up to a point between the player's chin and nose when wearing skates. Equipment experts can provide recommendations for each skater and will cut the stick to the proper size.

PROGRESSIONS OF HOCKEY

Start Here!

LEARN TO SKATE (AGES 3-12)

All skaters embark on their skating journey through our Learn to Skate program, which starts at Tot 1 for ages 3-5 or Basic 1 for ages 6-12. In these initial stages, there is no requirement for hockey equipment. However, a helmet is mandatory for any skater under eleven. Upon successfully completing Tot 1 or Basic 1, skaters progress to our Learn to Play Mighty Mite/ADM Blue In-House Leagues. To ease the transition into hockey-centric skills, we recommend that skaters continue to Tot 2 or Basic 2 while wearing hockey skates, allowing them to familiarize themselves with the unique feel of these skates and enhance their overall skating experience.



LEARN TO PLAY/ MIGHTY MITES (AGES 4-6)



The Learn to Play program, tailored for ages 4-6, serves as the seamless continuation from our Learn to Skate initiative. This specialized program is crafted to provide a natural progression for young skaters, offering essential skills and knowledge as they advance in their hockey journey. Upon completing Learn to Play/ Mighty Mites, participants are well prepared to transition to the Mentor Ice Arena's ADM League, where they can further develop their skills in a supportive and engaging environment.

- Full equipment is required for this level and moving forward

ADM MITE BLUE (AGES 4-8)

ADM Mite Blue offers an in-house hockey program tailored for skaters aged 8 and under, prioritizing skill development, fundamental training, and enjoyable experiences. Skaters are grouped into teams according to their skill levels. The ADM Blue season is divided into two distinct halves. The initial half is dedicated to thorough skill enhancement, focusing on both individual and team development. Even as the season progresses into the latter part, which involves local travel engagements for competitive matches, the emphasis remains on ongoing skill development. This allows skaters to continue refining their abilities and applying them in real-game situations. This dual-phase structure is designed to promote continuous progress and provide a rich, dynamic experience for young athletes.



Next Page

YOUTH TRAVEL HOCKEY (AGES DEPEND ON LEVEL)

After gaining valuable experience in our ADM program, skaters have the exciting opportunity to try out for our youth travel program, which features teams at various levels:

- Travel Mite (8U): Introduction to competitive play for our youngest skaters.
- Squirt (10U): Building on skills and teamwork in a dynamic age group.
- Pee wee (12U): Advancing skills and strategies in preparation for higher levels.
- Bantam (14U): A competitive level emphasizing advanced play and development. Checking introduced.

This program involves travel throughout the Cleveland area for league play and is governed by the Cleveland Suburban Hockey League (CSHL). Tryouts take place in early spring, with registration occurring in April/May. To be eligible, skaters must have completed a season of ADM Blue before trying out.

HIGH SCHOOL

High school-level hockey provides a unique and exciting opportunity for student athletes to showcase their skills and passion for the sport within a scholastic setting. These teams, often representing their schools with pride, participate in competitive leagues, tournaments, and championships. High school hockey fosters camaraderie, discipline, and teamwork while offering skaters the chance to compete at an elevated level of play. It serves as a platform for both individual skill development and the cultivation of a strong sense of school spirit. Additionally, high school hockey plays a pivotal role in fostering a sense of community, as fans rally behind their teams, creating an unforgettable and spirited atmosphere on and off the ice.



AFTER GRADUATION



Graduating high school doesn't signal the end of your hockey journey. Numerous opportunities await, such as joining college teams, playing in amateur leagues, or exploring coaching and officiating roles. The rink remains a place for your passion to thrive, providing avenues for growth, camaraderie, and a lasting connection to the sport.



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FREQUENTLY ASKED QUESTIONS

My child is over eight and wants to start playing hockey. Where should we start?

Having a child over 8 years old doesn't exclude them from the exciting world of hockey. It simply means they may embark on a slightly different journey into the sport. To get started, we recommend getting your child on the ice to ensure they enjoy the experience before committing fully. If you have more questions or need further information, please don't hesitate to reach out to the arena's hockey director. You can contact them at hockeydirector@cityofmentor.com. They'll be able to provide valuable insights and guide you on the best way for your child to begin their hockey journey. We look forward to welcoming your child to the world of hockey!

My child is interested in being a goalie. Where do we start?

If your skater is interested in becoming a goalie, that's fantastic! There are several steps you can take to support their interest and help them explore this position further.

- Our Mite programs offer numerous opportunities for your skater to try out being a goalie. They will have the chance to experience the position firsthand and determine if it's something they enjoy and want to pursue further.
- Seek Guidance from Coaches and Our Hockey Director: Our coaches and hockey director are valuable resources who can provide more information and guidance on the process of becoming a goalie. They can offer advice on training, skill development, and any additional support your skater may need to excel in this position.

How long is the Hockey season?

The hockey season typically spans from October to mid-March. However, our arena remains open year-round, providing various training sessions and camps to help skaters maintain their skills during the off-season.

When are the practices/games? How long are practices/games?

Practices and games usually last for about 60 minutes, though the duration may vary depending on the level of play. Once teams are formed, our hockey director and coaches will distribute practice schedules. Similarly, game schedules will be communicated by the coaches once they are established.

RESOURCES

EQUIPMENT/ SKATE SHARPENING

Inside Edge Pro Shop

- Located inside the Mentor Ice Arena

Play it Again Sports

- 5455 Mayfield Rd. Lyndhurst, OH 44124

Pure Hockey

- 6505 Mayfield Rd. Mayfield Heights, OH 44214

LEARN TO SKATE USA

www.learntoskateusa.com

USA HOCKEY

www.usahockey.com

CLEVELAND SUBURBAN HOCKEY LEAGUE

www.cshlhockey.org

MENTOR YOUTH HOCKEY

www.mentoryouthhockey.com



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