



LET'S PLAY HOCKEY !

ALL PROGRAMS ARE OPEN TO BOYS AND GIRLS.

As a new player entering the sport of hockey, it is important to get started at the beginning, with the basics. The foundation for successful development in ice hockey is building strong basic skating and puck handling skills. When those skills have developed to the point of being second nature, then a player can focus on the additional game skills to advance to his or her maximum potential.

Inquire at the rink of your choice to find the program to get your player started !

LEARN TO SKATE

- Instructional classes to get your player started with his/her basic skating skills the right way.

LEARN TO PLAY HOCKEY

- Instructional clinic program (may have various names depending on what rink you choose) focused on basic hockey skills and stickhandling.
- Differentiated skill groups may be available – differentiated age groups may be available

DEVELOPMENTAL / INTRAMURAL HOCKEY

- Entry level “house” hockey programs may be available to get your player started with minimum cost and time required.

COMPETITIVE HOCKEY TEAMS

- Competitive teams for ages 9 through 18 (through 19 for girls) are rostered by the home association at each rink, and play their league games in the Pittsburgh Amateur Hockey League (PAHL).
 - 10U TEAMS – ages 9 and 10
 - 12U TEAMS – ages 11 and 12
 - 14U TEAMS – ages 13 and 14
 - 16U TEAMS – ages 15 and 16
 - 18U TEAMS – ages 17 and 18, and also may include 16U players if necessary
 - Girls – grouped 10U, 12U, 14U, 16U, and 19U – not all divisions available every year

8U (MITE) RED, WHITE, AND BLUE HOCKEY

- Specific program for ages 8 and under, following the USA Hockey American Development Model (ADM) for skill development, and including PAHL Jamboree game play.