



**NASSAU HOCKEY LEAGUE 2009/2010**  
**BULLETIN No. 1 August 2009**

Our 44<sup>th</sup> season at the Princeton Day School (PDS) rink is set to begin this fall. Our House League will begin in late October and will conclude at the end of March. Travel team tryouts, selections and practices will begin earlier (see below for more info). Nassau will continue to supplement our travel team schedule with regular ice sessions at Princeton Sports Center and the Lawrenceville School.

**LEAGUE PHILOSOPHY:** The Nassau Hockey League (NHL) was founded to provide an alternative to the more intense programs offered by other leagues. The charter of our league is to create a relaxed environment for the kids and to teach them to skate, play the game and have a good time. The key to this successful tradition has been the restraint and support of the parents in creating and maintaining a constructive, low key atmosphere at the rink.

**USA HOCKEY:** NHL is a member of USA Hockey. USA Hockey is the national governing body for the sport of ice hockey in the United States. Membership gives NHL and our coaches and players access to USA Hockey development programs, practice manuals, official playing rules, *USA Hockey Magazine* and insurance coverage, among other benefits.

**HOUSE LEAGUE PROGRAM:** NHL offers the following House League programs:

- JUNIORS** Four teams, 15 players each, (no checking) for our newest and youngest players. Typically, the sessions are held on Sundays from 11:15am to 12:45pm consisting of a 30 minute practice session followed by a 60 minute cross-ice game. Players rotate on and off the ice in 2-minute shifts.
- SENIORS** Six teams, 12-15 players each, (no checking) for our intermediate players. Typically, games are played at incremental times between 7:00am and 10:00am each Saturday. Players rotate on and off the ice in 1.5-minute shifts. In addition, Instructional Clinics will be held on Sunday evenings throughout the season.
- VARSITY** Six teams, 12-15 players each, for our older and better players. Games are played at incremental times between 5:30pm and 8:30pm on Sundays. Players rotate on and off the ice in 1.5-minute shifts. In addition, Instructional Clinics will be held on Saturday mornings throughout the season.

**HOUSE LEAGUE REGISTRATION & FEES:** The entire registration and fee payment process will be done on-line this year through our website ([www.nassauhockey.com](http://www.nassauhockey.com)). The on-line registration process is now open. No player will be allowed on the ice until all registration applications are completed and all applicable fees have been paid.

In order to participate in the NHL, all players must first be registered with USA Hockey for the 2009/2010 season. A link to the USA Hockey registration form can be found on our website or by going directly to their website ([www.usahockey.com](http://www.usahockey.com)). Each player must register under Member Type "Ice Player and Coaches." You will fill in player information, approve the USA Hockey waiver and make a payment of \$40 (no payment is required for players 6 and under but you must still register). You will receive an e-mail receipt and confirmation number from USA Hockey. **PRINT IT OUT.** You will need to enter the USA Hockey confirmation number (nine numbers plus five letters) into the NHL on-line registration application in order to complete your registration.

After completing the USA Hockey registration process, you are now ready to complete the NHL registration application. Return to our website and click on the "Registration" button to begin.

The initial registration fees for House League players are as follows:

New Member	\$300	Returning Senior	\$500
Returning Junior	\$300	Returning Varsity	\$500

For returning players, registration and fee payment should initially be made based on last year's House League assignment. Players who are new to the Nassau Hockey program should initially register as New Members. If a New Member or a returning Junior is assigned to the Senior or Varsity Program, an additional fee of \$200 will be due to NHL.

All players will be notified of their preliminary House League assignment by e-mail prior to the start of the season. Final placement for this year's House League will be made in the first couple of sessions and you will be notified if any additional fees are due to NHL. Final House League placement is based on space, ability and readiness for the next level and this determination will be the sole decision of NHL.

On-line registration and fee payment for returning players are **due by Sunday, September 13th**. Places will be reserved for returning members up until that date. Thereafter, new members will be accepted in the following order: 1) Siblings of current members and 2) All others based on the date **completed** applications are submitted. Full time Goalies are automatically accepted.

**TRAVEL TEAM PROGRAMS:** NHL will offer the following additional Travel Team programs. Participation in our House League program is required for all travel players up to and including Pee Wees. The Travel Team program requires additional fees and includes competitive tryouts and final selections. Those players who are interested in this program can sign up for the tryouts during the on-line registration process. Practice sessions and games will be weeknights and/or weekend days and evenings. **Travel Team ages are as of December 31, 2009.**

<b>MITES</b>	(8 & under) Fee: \$750.00 (in addition to the house league fee)
<b>SQUIRTS</b>	(9 & 10 year olds) Fee: \$950.00 (in addition to the house league fee)
<b>PEE WEES</b>	(11 & 12 year olds) Fee: \$1,050.00 (in addition to the house league fee)
<b>BANTAM</b>	(13 & 14 year olds) Fee: \$1,375.00
<b>MIDGETS</b>	(15 thru 18 year olds) Fee: \$850.00
<b>GIRLS U10</b>	(10 & under) Fee: \$750.00 (in addition to the house league fee)
<b>GIRLS U12</b>	(12 & under) Fee: \$950.00 (in addition to the house league fee)
<b>GIRLS U16</b>	(16 & under) Fee: \$1,200.00

Our Travel Teams will compete in **The Club League**. Our participation in the Club League will provide the opportunity for post season tournament play based on the league standings. We will also continue our traditional independent schedule with teams of equivalent ability and philosophy.

Tryouts for all travel teams will begin in October. In order to participate in these tryouts, all players must first be registered with USA Hockey. Please consult our website for specific times.

**DEVELOPMENT PROGRAM:** NHL also offers a development program (**MiniMites**) to our younger House League players (8 & under). There are no tryouts. This program offers beginners a chance to improve skating skills and confidence through additional drills and instruction. The fee is \$300.00.

**EQUIPMENT:** A team jersey will be provided for all House League team members. The jersey is yours to keep. Required equipment includes hockey skates, hockey helmet with full face mask, shin guards, hockey gloves, elbow pads and ice hockey stick. Older members should also wear shoulder pads, protective cup, hockey pants and a mouth guard. Please e-mail us if you have any questions.

**ADULT VOLUNTEERS:** All parents interested in coaching or assisting in any way are invited to indicate your interest on the registration application. We rely on parents being involved on the ice and encourage you to get on your skates. If you plan to help coach, please check the box on our application. As part of our insurance coverage, all coaches must register with USA Hockey. Please register online ([www.usahockey.com](http://www.usahockey.com)) under Member Type "Ice Player and Coaches." The USA Hockey coaches' registration fee will be reimbursed by the league. Please indicate your interest in learning more about our non-coaching needs by checking the volunteer box on the application.

**NEW MEMBERS:** The bulk of our new members are recruited by current and former members. If you have a friend or neighbor who may wish to play in the NHL, please encourage them to visit our website. We have openings at all levels and are especially interested in Junior (beginner) players.

**SCHEDULES:** Full season schedules will be available on our web site in October.

*The completion of a registration application and the payment of any fees do not guarantee you a place in the league. Nassau reserves the right to refuse any registration application with full refund of NHL fees.*

If you have any questions, please contact us:

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We look forward to another great season!

**ON-LINE REGISTRATION  
BEGINS in AUGUST 2009**

Contact our website at

[www.nassauhockey.com](http://www.nassauhockey.com)

**3 Easy Steps**

1. Register with USA Hockey and make payment
2. Print out your USA Hockey Confirmation Number (9 numbers plus 5 letters)
3. Complete NHL Registration Application and make payment

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