

Youth InHouse/METRO Hockey **LEAGUE** FAQ

Now that you have joined our youth inhouse hockey league, we are sure you've got a lot of questions...

- The youth inhouse league is referred to as the "Metro league".
- Check in at the front counter using your last name when you come in for practices and skills sessions.
- Full Equipment is required; helmet, mouth guard, shoulder pads, elbow pads, gloves, breezers/padded hockey shorts, protective jock/cup, and shin guards. Neck/throat guard is optional.
- All players must register annually with USAHockey before paying any league fees.
 - Register online at www.usahockeyregistration.com
 - The USAHockey annual term is Sept 1st to Aug 31st.
- Kroc runs three Metro league seasons each year: Fall (late Aug/Sept-Dec), Winter (Jan-April), Summer (May-Aug)
- MiniMite, Mite, Squirt, PeeWee, Bantam, Midget refer to **age** levels only
 - MiniMite 5-7yrs old - this is the lowest age level with weekday practice and games only
 - Mite 7-8yrs old - weekday practice and games on the weekends
 - Squirt 9-10yrs old - weekday practice and games on the weekends
 - PeeWee 11-12yrs old - weekday practice and games on the weekends
 - Bantam 13-14yrs old - weekday practice and games on the weekends

Some new players may start one age level below and, when ready, move up to their appropriate age level. PeeWee age players cannot play up in the Bantam level.

- Players can only attend their team practice/game. Players CANNOT attend another team's practice/game.
- Be sure to check the schedule online for practices and games! www.kroccenterice.com

ADDITIONAL ICE TIME:

Kroc Youth Metro players get FREE public skating at the **Kroc on Mondays and Fridays 3:30-5:30pm.** Players must follow public skating rules. This benefit can be taken away.

Skate & Shoots are also a great way to work on individual skills or just have fun. Additional drop in fee. Don't forget to sign in early, Skate & Shoot can fill up quickly. Players will need their own puck.

- Metro League games are played Saturdays and/or Sundays at your home rink and the other rinks in San Diego county.

San Diego Ice Arena (SDIA)	11048 Ice Skate Pl.	San Diego, CA. 92126
Ice Town La Jolla (UTC)	4545 La Jolla Village Dr.	San Diego, CA 92122
Iceplex Escondido	555 N Tulip St.	Escondido, CA 92025
Ice Town Carlsbad	2283 Cosmos Ct.	Carlsbad, CA 92011
Poway Ice	12455 Kerran St #100	Poway, CA 92064

- Tournament team - these teams form to play in tournaments usually in Southern California but sometimes also Northern California, Las Vegas, or Arizona. Players are usually required to try-out for tournament teams. See the Hockey Manager for specific details.
- Travel teams - these teams play throughout Southern California, every weekend and practice multiple times each week. Try-outs are held in the summer for the hockey season (Fall through Winter). See the Hockey Manager for specific details.

If you have any questions feel free to call the ice arena at 619-269-1498 or email: hockey@kroccenterice.com