

## Frequently Asked Questions

March 2009

**Q. What is the club all about?**

A. The mission of Holy Name Ice Hockey is to provide an opportunity for our youth to experience team work, dedication, self esteem and to develop into confident young adults. Our program endeavors to employ the same principles as our Catholic faith.

**Q. Is this club part of Holy Name High School?**

A. We are a Sports Club. As such, we operate independent of, but are recognized by Holy Name High School. We enjoy a good relationship with the Principal and the Athletic Director of the School and we try to espouse the same high values they implement daily in operation of the Holy Name High School.

**Q. What age levels may play ice hockey?**

A. Holy Name Ice Hockey has the following Teams:  
Pre-Kindergarten - 2<sup>nd</sup> grade      Cross Ice Sessions (non-checking)  
Elementary -                              Grades 3<sup>rd</sup> thru 5<sup>th</sup> (non-checking)  
Middle School -                          Grades 6<sup>th</sup> thru 8<sup>th</sup>  
JV/Varsity -                                Grades 9<sup>th</sup> thru 12<sup>th</sup>

**Q. Who can play for Holy Name Ice Hockey?**

A. Holy Name Ice Hockey is open to all boys who attend a Catholic school in Berks county **OR** any boy from Pre-kindergarten to 8<sup>th</sup> grade who are a member of a Catholic parish in Berks county.

**Q. My child has an interest in ice hockey however, is not an**

**experienced skater. What should I do next?**

A. There are many programs available for anyone that is interested in ice hockey. Holy Name Ice Hockey conducts Learn To Skate and Learn To Play Hockey sessions for participants that want to learn to ice skate or play ice hockey. During the 2008/2009 season, three sessions were conducted on a Saturday morning for one hour for 9 consecutive weeks. Additional programs are also available at the Body Zone and Ice Cap rinks, including:

- Public ice skating
- Ice skating lessons
- Hockey skills classes
- Open hockey sessions

Body Zone website - [www.bodyzonesports.com](http://www.bodyzonesports.com)

Ice Cap website - [www.skateicecap.com](http://www.skateicecap.com)

Any time that the children spend on the ice is valuable.

**Q. Is the Club part of a hockey league?**

A. Yes, we are part of the EPSHL (East Penn Scholastic Hockey League). The league is further governed by USA Hockey, AAHA and PIAA rules. Additional information can be found at <http://www.leaguelineup.com/epshl>

**Q. How often do you play and when does the season start and end?**

A. Practices will start in late October and run through mid March. Games will begin in early November and run through mid/late March. Each team will play approximately 10-14 games throughout the season. Championship games are held at the end of March.

**Q. How long are Games and Practices?**

A. **GAMES** - Depending on the level, ice slots for games are either one hour or one hour and thirty minutes. Typically games are held during the weekend for our Elementary and Middle school teams. On

occasion there may be a game during the week. JV/Varsity games can be scheduled on a weeknight or weekend. The EPSHL sets all game times. Holy Name Ice Hockey does not have control of game times.

**PRACTICES** - Practices are typically for one hour and vary from 1 - 2 practices per week (based on team level) on the same days of the week each week. Practice slots are targeted from 4:30pm - 6:30pm during the week for Elementary and Middle school players. This past season JV/Varsity players typically practiced 2 times per week from 5:45am - 6:45am on Tuesdays and Thursdays. Practices are held at the Body Zone.

**Q. Is the League “PURE”?**

A. The term PURE is generally used to denote that the Team draw participants strictly from within their own school district boundaries (among other things). While the goal is to have Pure Teams at all levels, our philosophy also dictates that no child is left without a place to play. Pure teams are eligible to play for the Flyer’s Cup.

**Q. Is travel required?**

A. No. We play all games at either Body Zone Sports & Wellness Center, located on Paper Mill Road in Wyomissing or the Ice Cap, located off of Leesport Road on 2 Oesterling Drive in Temple. Our home ice is the Body Zone.

**Q. What teams are played in our league?**

A. All teams/schools that are members of the EPSHL. These include Cocalico, Conrad Weiser, Daniel Boone, Exeter, Governor Mifflin, Hamburg, Holy Name, Muhlenberg, Oley Valley, Schuylkill Valley, St. Basil, Twin Valley, and Wilson.

**Q. Who runs the Holy Name Ice Hockey club/program?**

A. Head Coach Rick Lanciano administers all Coaching activities and on-ice activities. Coach Rick has 30 years experience in teaching and has a staff of USA Hockey certified coaches to help with all teams. Beyond the USA Hockey coaching certificates, all coaches

undergo annual criminal and child abuse checks. Business matters of the club are administered by a eight member Board of Directors made up of parent-volunteers.

**Q. I am interested in coaching, what do I need to do?**

A. Contact Head Coach Rick Lanciano at 610-406-1721(cell) or via email at [rlanciano@gohnhs.org](mailto:rlanciano@gohnhs.org) to discuss your interest in coaching. All coaches must be USA Hockey certified. Certification classes are conducted by USA Hockey at various times throughout the year. You can receive a listing of these certification classes by visiting the USA Hockey website at [www.usahockey.com](http://www.usahockey.com).

**Q. I want my child to be safe, what do you do to help with my concerns?**

A. Safety is paramount to all activities. Nothing is more important. Coaches monitor all activities and conduct and players must agree to, and sign, a Safety & Code of Conduct Policy. All players must wear acceptable safety gear/equipment including helmets and face guards. The Club reserves the right to bench or dismiss any player who is endangering other players by violating safety guidelines.

**Q. What happens in the unlikely event of an accident?**

A. The Coaches have an emergency kit and procedure to follow. All parents must sign an emergency pre-treatment authorization whereby the child could be taken to a local hospital for treatment. USA Hockey provides an extra layer of insurance that each player will have.

**Q. What activities normally occur besides Games & Practices?**

A. - Typically 3 fundraisers are planned throughout the hockey season. A buyout fundraising option is available as well.  
- We have a year end Sports Banquet when all children are acknowledged and receive a trophy or medal. (We do not give out “best player” or individual awards as we want to emphasize the team nature and inclusiveness of the program).

- The elementary team picks a date to attend a Reading Royals game. At this game the elementary team is allowed to skate between periods. We purchase the Reading Royals game tickets as a group and sit together.
- A Championship game is played at all levels and is played at the end of the season.

**Q. How much does this cost?**

A. 2009/2010 season fees are not yet established as we do not know how many children will be participating. The cost of participating is determined by the costs incurred by the club. Costs include the following:

- Practice ice time
- League fees, which include cost of ice time and referees
- USA Hockey fees

The 2008/2009 season cost ran as follows:

Elementary - \$450.00

Middle school - \$500.00

JV/Varsity - \$600.00

If an increase occurs it will likely be as a result of adding additional practice times and ice fees increasing. All players purchase their jerseys and games socks and are owned by the player. Jerseys have their last names on the back along with a selected player number. All expenses for the club are shared by all of the players on the teams. This then determines the actual per player participation fee. The coaches are not paid. The club runs as a non-profit organization.

**Q. Why is Ice Hockey such an expensive sport?**

A. Ice Hockey is an expensive sport because you are essentially paying for your playing field each time you use it. Rental for the ice and referees cost money each time you practice or play a game.

**Q. I am interested in playing ice hockey for Holy Name. What do I do now?**

A. If you are interested in playing ice hockey for Holy Name please

contact Rick Lanciano at 610-406-1721 or at [rlanciano@gohnhs.org](mailto:rlanciano@gohnhs.org).  
A registration date will be established in the spring of 2009 at the Body Zone. The date of registration will be communicated via parish bulletins, Catholic school “take home” folders and our website at [www.holynameicehockey.org](http://www.holynameicehockey.org). All registration and medical forms will be available via the Holy Name Ice Hockey website.