



**Welcome!** We are anxiously awaiting the Mite Pond Hockey Scramble set for January 28, 2017! Below please find specifics as it relates to the event.

**AIB-MITE AGENDA:**

ITEM	TIME	LOCATION
CHECK IN:	12:00 PM	Information Booth (located on the lake – Black trailer)
GAME TIME:	12:40 PM	RINK 2 (subject to change)
PIZZA PARTY:	2:00 PM	Pavilion (Woods Inn)

**MITE SCRAMBLE FORMAT:**

- ✓ No goalies
- ✓ 4 on 4
- ✓ Two 20 minute halves with a 5minute intermission (Running Time)

**PROTOCOL**

**Release from liability form:**

Each player and parent/legal guardian will be **REQUIRED** to hand in a signed release from liability form. Please sign and hand in this form to your coaching staff or submit it at registration. If we do not have a release on file the player will not be allowed to participate.

**Schedule:**

**PLEASE BE ON TIME** - Please make note of the agenda, as it's vital for AIB to remain on schedule throughout the event. As stated before, be aware of the weather in the Adirondacks as it differs from the Utica area and plan accordingly to ensure you're on time.

## **LOGISTICS:**

### **Parking:**

Parking will be available on-site on a first come first serve basis. If you cannot find a parking spot on-site you will need to use one of several designated lots that are listed below.

- **Inlet Public Parking Lot (Arrowhead Park)**
  1. Take a right 315 feet passed the Woods Inn.
  
- **Fern Park**
  1. Turn right 0.1 miles after the Woods Inn onto South Shore Rd
  2. Take 2<sup>nd</sup> left onto Loomis Rd

### **Registration:**

When you first arrive your mite is **REQUIRED** to sign in. If your coach has not handed your release from liability form in prior to your arrival you will need to hand it in at this time.

### **Locker/Dressing Rooms:**

Players/parents can utilize the player tents located on the ice near the rinks to get players equipment on. As a suggestion, it may be beneficial to have equipment on before coming down to the ice surface and putting skates, helmets and gloves on at the bench next to rinks or in the player tents.

### **Pizza Party:**

Immediately following the skate a pizza party will be in the Pavilion located at the Woods Inn. Players will be able to warm up and enjoy a bite to eat and a hot drink.

## WHAT TO WEAR:

Please monitor the weather conditions for January 28<sup>th</sup> and dress appropriately as temperatures can differ significantly on the lake. Below are a few helpful tips to help you prepare.

- **Wear a base layer.** A "base layer" is long johns, union suit, long underwear, or whatever can provide a warm, light base to your winter gear.
- **Dress in layers.** Use many thin, warm layers rather than a few thick layers. It will insulate better and allow you to strip off layers if the temperature climbs. Wear more than one layer on your legs. Oddly, some people will wear five layers on their torso, and only one layer on the legs. At minimum, have a base layer like long underwear and an outer layer, like snow pants.
- **Wear a hat.** Remember - heat rises, and you don't want to lose it.
- **Wear winter socks.** Warm winter socks are important in keeping warm dry feet. Wool is best, although good synthetic "fleece" socks are often quite good. You can layer socks, but be careful that your feet are comfortable and the circulation isn't shut down.
- **Wear gloves or mittens.** Fingers and hands are very vulnerable to the cold, so keep them covered. Very thin gloves will suffice under your hockey gloves if necessary, but comfortable, warm gloves are important before and after the skate.
- **Hand warmers can be useful, especially if you don't have shelter handy.** They can be purchased at any outdoor or hunting store. We will also have them for sale on site at the Ice Bowl. Never use these as a substitute for dressing warmly, however.

We look forward to seeing you on the pond and we hope you and your children enjoy your experience with outdoor hockey! Should you have any questions please don't hesitate to contact us or your coaching staff.

Regards,

AIB Team