

FAQs about girl's ice hockey:

Girls can play ice hockey??

Yes. Girls' and women's hockey has grown tremendously in recent years and in 2006-07 there were over 57,500 registered with USA Hockey.

What equipment do I need?

Skates, stick and helmet are vital but you also need a mouth guard, chest/shoulder pads, elbow pads, gloves, pelvic protector, hockey pants, and shin pads.

How do I get the equipment?

Some used equipment is usually available to help you get started. Play it Again Sports, Pro Shops at ice rinks and sporting good stores carry ice hockey equipment.

Do I need experience?

NO you do not. Everyone starts out at some point with no experience. Plenty of practice and coaching will help you master the skills needed such as skating and shooting the puck.

Do they check in girl's hockey? (Will I be toothless?)

NO there is no checking in girl's hockey. Our really young players often sport toothless smiles but from normal baby tooth losses!

What is the Strath Haven Ice Hockey Club?

The club is a non-profit organization created over 30 years ago to promote ice hockey in the community. The program fields elementary, middle school and high school teams. The elementary and middle school teams typically participate in the DELCO School Hockey League based at IceWorks in Aston and presently are mixed gender teams. The high school teams (boy's and girl's varsity and/or junior varsity) are school club sports (essentially meaning the player participates in the cost) and play in the Inter-County School Hockey League. The varsity high school teams are recognized varsity sports at Strath Haven high school and thus participation entitles eligible student-athletes to a varsity letter.

Explain more about girl's varsity ice hockey:

- Girl's varsity teams have been in existence as part of the Intercounty Scholastic Hockey League (ICSHL) since 2002. Strath Haven was one of the first.
- Beginning with the 2009-2010 season the girls' division school teams have worked together with the ICSHL to create new girls' JV/ Middle School age teams.
- Last year there were 12 girls' varsity high school teams in the ICSHL and 5 non league teams. This year there are 10 varsity teams.
- Strath Haven girl's varsity practices are at IceWorks in Aston.
- Games mostly take place at IceWorks in Aston and IceLine in West Chester.
- Scholastics come first. School policies are followed. Being well rounded is encouraged.
- Safety, effort, fun, participation and sportsmanship are emphasized. Skill development is essential as is displaying a respectful attitude at all times. It also is our endeavor to prepare girls for the next level of play.
- PIAA medical form, registration with USA Hockey and other pertinent club forms must be completed before taking the ice. Club forms can be downloaded from the Haven Hockey website.

Web sites of interest:

www.havenhockey.com/ Strath Haven Ice Hockey Club

www.usahockey.com USA Hockey

www.icshl.org/index.html Intercounty Scholastic Hockey League

www.highschoolsports.net Strath Haven sports schedules

www.atlantic-district.org/ Our district within USA Hockey

www.dvchewomenshockey.org/index.php Delaware Valley Collegiate Hockey
Conference

www.iceworks.net IceWorks rinks in Aston, PA

www.iceline.info/ IceLine rinks in West Chester, PA