**AMSTERDAM TIGERS ICE HOCKEY SCHOOL**

*March 2024*

At the ice hockey school, children learn the first principles of skating and playing with stick and puck.

Children as young as four are welcome to come and try. We especially let the little ones get used to the ice to familiarize themselves with it. There are always enough trainers present to give all children the necessary attention and guide them in the best possible way. The children are divided into different groups according to skill (and partly age).

When they are doing well at the ice hockey school and can skate, turn and brake, the younger children up to age 9 can sometimes join one of the U9 or U11 competition teams. For older children, there is the opportunity to join an ATHL House League team. These are primarily recreational teams where players can further develop to possibly join a league team later.

For most girls and boys, ice hockey is a very suitable sport to develop both mentally and physically. The combination of different skills and the speed of the game builds muscle strength, concentration and team spirit.

**HOW IT WORKS**

If you think ice hockey is a super cool sport and want to learn it, sign up for a trial lesson at the ice hockey school! There you will start right away learning how to skate, make turns, brake and of course play field hockey with a stick and puck. You will be well wrapped up with gloves.

**Trial class**

The first trial lesson is free of charge. Of course, we hope that you then decide to continue with the lessons of our ice hockey school, eventually becoming a member of the Amsterdam Tigers!

**When?**

The ice hockey school usually takes place every Sunday for the youth members. Check training times for the times. Please always wait for an invitation first, because there is not always room for trial lessons.

Please be present at least 30 minutes beforehand!

**For whom?**

All children from 4 to 9 years old and from 10 to 15 years old.

**Location**

The hall of the Jaap Edenbaan, Radioweg 64, 1098 NJ in Amsterdam.

**Period**

Due to the high number of people interested, the schedule will be reviewed for next season (2024/2025).

**Costs**

Contribution for 2023/2024 is € 250, see also [Contribution](https://club.amsterdamtigers.com/lidmaatschap-contributie/).

**Clothing**

Protective clothing is required during training at the ice hockey school. For the trial lessons and the first few training sessions you will need at least:

- ice hockey skates (no skates)

- knee and elbow pads (street field hockey or skate protection is sufficient)

- sportswear (not too warm)

- gloves (thick, normal winter gloves are sufficient for the trial lesson if you do not have ice hockey gloves)

- helmet

- ice hockey stick. You can rent these, as well as other materials, see 'materials'.

If you do not have the above kit it is possible to rent a basic kit from Skating Betty in Badhoevedorp (Lorentzplein 42, 0651402897, info@skatingbetty.nl) Please contact us to check availability of materials and to make an appointment to visit the store.

If you become a member of the Amsterdam Tigers you will need a complete ice hockey kit. Also check our site under the topic 'equipment'.

**Playing on a team**

So with us, new players always start at the ice hockey school. Once a player has mastered the basic skills there, they can often move on to a team within our ice hockey club:

- Children aged 8 and under (U9) can train during the week as soon as they can skate, brake and turn. Players who train with us can often compete in games soon.

- Children ages 9 and 10 (U11) can follow the same path. The demands on their skating level are higher, because they have to join a competition team whose players are already more advanced.

For recreational players, there is playing opportunity in the [Amsterdam Tigers House League (ATHL).](https://club.amsterdamtigers.com/athl23/)

- Are you between 10 and 13 and do you like ice hockey? Then ATHL2 might be just the team for you. ATHL2 trains 2 per week and sometimes plays a game. Also, several players from ATHL have already moved on to a competition team (Ux) of the Amsterdam Tigers. Sign up at secretariaat@amsteltijgers.nl

- Are you between 13 and 16 years old and love ice hockey? Then ATHL3 is just the team for you. ATHL3 trains twice a week and plays some games. Sometimes players from ATHL move on to a competition team (Ux) of the Amsterdam Tigers. Sign up at secretariaat@amsteltijgers.nl

**WHAT DOES IT MEAN FOR YOUR PARENTS?**

If, after attending our hockey school program, you choose to continue with this beautiful sport, things change.

Most can't just bike to field hockey. You have to bring a big bag with your equipment, a long stick, all inconvenient on a bike. In addition, there is only one ice rink in the Amsterdam region. Other rinks are in Hoorn, Alkmaar, Leiden or Utrecht, among others. And those are just a few clubs in our immediate area. However, keep in mind that there will just as well be competitions outside our region, e.g. Heerenveen, Groningen or Geleen. That means you usually have to be brought to field hockey by car.

As a young player, you also have to be helped to put on the equipment and your skates. Most kids only manage to do that completely independently from U13 onwards.

Matches are therefore all over the country. The competition takes about 2 hours, 2 to 3 hours of driving there and back, all in all you are easily about 3 to 5 hours on the road on the Saturday or on the Sunday.

That means you're on the road with your one of your parents two to three times a week for training and about 20 races during the season. So it takes a lot of their time, too.

Fortunately, all the rinks have cafes where you can get a cup of coffee and it's a little warmer than in the stands. Of course, you can also bring a book or your tablet.

**We also need volunteers for various things within the club**

During games prepare fruit and drinks for the teams and officials, two people for the staff bench/bench, people for game administration, someone for music.

We need people for our equipment loan (administration, repair, storage), promotion of field hockey (various events during the season), official scorers, team supervisors, referees, video recording of games, membership board, cash committee, game analysis etc. In short, there is plenty for parents who want to and can contribute!

Many things can be done during trainings, some functions are performed during matches and other tasks require preparation at other times.

In addition, we provide information on: how to operate 'the clock' during games, official scorers training, game rules explanation, team meetings, info on NIJB, info on Lear to play, training approach.

So parents: yes, you spend a lot of time with it, more than with soccer for example. We do a lot, a lot is organized and we need a lot of help. That results in an intense group of involved members and their parents with a lot of togetherness.

**WHAT DOES ICE HOCKEY COST?**

Finally, it is good to realize that ice hockey is not a cheap sport. When a player chooses to play on a league team, there is training several times a week and regular games or tournaments on the weekends. That means higher costs.

In addition, good hockey equipment is also quite pricey. In addition, youth players will need to buy new equipment periodically due to their growth.

Finally, for competitions you will have to travel frequently within and outside your own region which also involves a lot of travel expenses.

On our website you will find more information about the annual fee and the purchase of the necessary ice hockey equipment.