

# HOW TO BE AN ICE BEAR



## Birth years for leagues

Co-ed Mite: 2015-2016

Girls 8U/10U Mite/Squirt: 2013-2016

Girls 10U/12U Squirt/ Pee Wee: 2011-2014

10U Squirt: 2013-2014

12U Pee Wee: 2011-2012

14U Bantam: 2009-2010

If you are starting ages **10+** please contact  
**Abby Sacks:** [abby.sacks@pdop.org](mailto:abby.sacks@pdop.org) for a  
specialized plan to become an ice bear.

## To learn more please visit:

<https://pdop.org/programs/youth-hockey/ice-bears/> or scan QR Code!



SCAN ME

### Preschoolers, Ages 2-5: Register for Parent and Cub Class

Falling, standing, basic skills to go forwards and backwards. All kids must be accompanied **on the ice** with someone with whom they feel comfortable, e.g., parent, guardian, etc.

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### Ages 2-5: Mini Cub 1 OR Ages 6-13: Mighty Cub 1

Falling, standing, hockey stance, marching, two-foot glides and dips, forward sizzles, double c-cuts, t-push to two-foot glide, snowplow stop, basic stick and puck skills.

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### All Ages: Mighty Cub 3 & Ice Bears Prep League, may add on Skills & Drills

Lateral crossover march, forward c-cuts on circle, forward inside and outside edges on half circle, backward c-cuts and snowplow stops, ¼ turn with hockey stop, advanced shooting. Includes Ice Bears Prep League.

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### All Ages: Mighty Cub 4 & Ice Bears Prep League, may add on Skills & Drills

Forward v-start, backward one-foot glides, forward and backward crossover glides and on circle, hockey stops, advanced shooting and puck carrying. Includes Ice Bears Prep League.

**\*If you are here you are ready for Mite Team!**

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### Power Skating & Ice Bear Prep League

Powerful backward c-cut, forward and backward alternating crossovers, forward hockey turns, lateral pivots, fast stops and starts, fast backward skating with quick backward v-stops and starts.

**\*If you are here you are ready for the Squirt Teams!**

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