



MITES DEVELOPMENT PROGRAM

JUNIOR NORTH STARS



8U

HEAD COACH
DAYNE BIHN

HEAD COACH
BRETT MOLNAR

HEAD COACH
CHRIS MATHEWS

Practice

3 Ice Touches/Week

- 2 x Shared Ice per week
- Studio Ice (Mid Oct - March)
- Weekday Practices
- Weekly Off Ice Training

Games

15-20

- September - March
- League:

Tournaments

3-4

- Silver Sticks International
- USA Hockey & AAU

Fees Included

- ✓ League Membership Dues
- ✓ All Practice Ice
- ✓ Home Game Ice & Officials
- ✓ Coach stipends
- ✓ Off-ice training
- ✓ Skills & Goaltending Coaching
- ✓ Walleye Game Vouchers
- ✓ Silver Sticks Tournament Entry
- ✓ Game Socks

Projected Fees

\$1,550

Not Included

- AAU Tournament Jerseys
- Spirit Wear
- Protective Equipment
- Player Bags
- Travel Costs
- Additional Tournament Fees

Season Overview

The Sylvania Junior North Stars program runs from early fall through late winter, giving young players consistent opportunities to develop their skating, skills, and understanding of the game. The season begins in September, with regular weekly practices and development sessions. Games and jamboree-style events take place throughout the season, with tournament opportunities typically beginning in late fall. The season concludes in March, allowing players to build confidence and skills while enjoying the game in a fun and supportive environment.

Practices, Games & Tournaments

Because Sylvania Youth Hockey is part of the Mid-American District (Mid-Am) under USA Hockey, players will experience two different game formats throughout the season.

Mid-Am / USA Hockey Events

When competing in Mid-Am league events or tournaments, games are played half-ice, following USA Hockey's recommended development model for 8U players. This format increases puck touches, encourages creativity, and helps players develop confidence in small-area situations.

AAU Events & Tournaments

When participating in AAU tournaments or non-Mid-Am events, games may be played full ice. These events give players the opportunity to experience the full sheet of ice and begin developing spatial awareness as they grow in the game.

This blended format allows players to benefit from both skill-focused development and expanded gameplay experience.



How Our Program Works

WHOLE PROGRAM TOGETHER

Practice

- 2 x Practices
- Weekday Practices
- 1 x weekly Off Ice Training

Skill Sessions

- 1 per week rotating groups

Intrasquad Play

- Inter-Squad Play (At Tam-O-Shanter)
- Players divided into teams
- Players are mixed & rotated regularly
- Games are Half Ice

BIRTH YEAR TEAMS

2018

Coach: Dayne Bihn
AAU Team: Sylvania Saugeye

Games: AAU Full Ice
Tournaments: AAU Full Ice

2018 & 2019 Split

Coach: Brett Molnar
AAU Team: Sylvania Saugeye

Games: Both ½ & Full Ice
Tournaments: Both ½ & Full Ice

2019

Coach: Chris Mathews
AAU Team: Sylvania Saugeye

Games: Both ½ & Full Ice
Tournaments: Both ½ & Full Ice

TEAM FUNDRAISING

All teams support the annual SYH Golf Outing by providing:

- 2 Hole Sponsors
- 2 Golf Soussomes
- 1 Raffle Basket

Additional Team fundraisers may be held with Hockey Office approval.

- Must comply with IRS nonprofit rules
- Must be completed by November 15
- Proceeds are distributed evenly among team players



DEVELOPMENT APPROACH

Skill-focused
High puck touches
Small-area games
Equal ice time

Jamborees / festivals
Cross-ice & half-ice
Multiple short games
No standings emphasis

More touches & rep
Faster decision-making
Confidence building
Age-appropriate progression



Game-focused
Full-ice play
Team systems
Competitive environment

GAME & TOURNAMENT FORMAT

League schedule
Full-ice games
Structured competition
Standings & rankings

PLAYER EXPERIENCE

Real game spacing
Early hockey IQ exposure
Positional play
Competitive mindset