



East High Hockey FAQ

East High Hockey was a founding member of Utah High School Hockey in 1975 (and the first state champion that season). The league is set up as a 501(c)3 non-profit and administers the high school hockey program. Any contributions to East High Hockey beyond the registration fee are tax-deductible donations. The East High Hockey program has a boosters site for individuals interested in supporting the team:

<http://home.business.utah.edu/mgtjwb/easthockey.html>

East is consistently among the top programs in the state and expects to be in the running for the state championship every year. The team typically practices once a week and runs 2-3 skills development camps per season. The regular season begins in September and continues through the end of January. The state playoffs take place in February. East High Hockey also plays in the Utah Summer Hockey league, which runs from May to August. Entering freshmen are allowed to play in the summer league, but graduating seniors are not.

Why is East Hockey a club?

There are 36 varsity hockey squads in Utah. Ten of the 36 are “independent” teams, meaning they are not affiliated with a specific high school. Becoming a recognized sport is a political process that requires the support of a large number of schools across the state because it involves a commitment of financial resources to the program. Since only 26 of 140 schools with athletics programs have hockey teams, hockey has never had a sufficient number of teams to become a recognized sport (although attaining recognition as a school sport is a goal of Utah High School Hockey). The club option allows schools to have a hockey team, but without school support for the costs associated with the team. The practical implication is the players on the team have to bear the cost of playing the sport.

What is the difference between Varsity and JV?

The junior varsity team is a development team that gives players who are still learning and mastering hockey a chance to play extensively in games against players of similar ability. Individuals who are playing on USA Hockey travel teams and those with previous nominations as league all stars are ineligible for JV play. This is typically about a half dozen players on the East team. All other players, regardless of where they are in school, can play on the JV team (this includes seniors). All JV players get significant playing time in JV games, where the emphasis is on player development rather than winning. There is no JV championship and no playoffs.

The varsity team’s goal is to win the state championship, and the coaches will “shorten the bench” in competitive games to ensure East is in a position to win. The team can have up to 20 players on the bench for every game, and East often suits up the entire squad. It is

<http://www.easthockey.com>

important that every player participate in every varsity game in support of the team, even if not playing.

What is the time commitment?

The team typically practices once a week, although there are sometimes two practices per week. Practices are two hours, which includes ice time, suit up time, and instructional time. There are 2-3 three-hour camps over a season, typically on Saturday mornings, where players work on individual skills, including skating speed, puck handling, and passing. There is usually one varsity and one JV game per week, but there are occasional weeks with two varsity games or two JV games. Weeks with two games only happen once or twice a season. The season ends in January and then the championship tournament starts. East expects to be among the semi-finalists for the state championship determined in February.

What does it cost to play East High Hockey?

The team registration for 2009-10 is \$750 and new players must buy two jerseys, home and away, for \$150. The registration covers ice and officials for 14 varsity games, 14 junior varsity games, and ice rental for 24 practices (ice rental is \$160 per hour). The jerseys are the players' to keep. East uses the same jerseys every year, so players who stay with the team do not have to buy jerseys again. The team provides game socks.

The cost of equipment is another significant expense, but those new to hockey who would like to try out the game without making a full commitment can find an extensive collection of used equipment at Play It Again Sports: <http://playitagainsportssaltlakecity.com/>

What equipment do I need?

Hockey skates, hockey helmet, shin guards, padded hockey shorts, a hockey cup and under shorts, which have garters for the socks, elbow guards, shoulder pads, and a hockey stick.

You will also need a practice jersey large enough to fit over the pads and inexpensive practice socks. The skates are the most expensive equipment. Realistically, even used equipment is probably going to run \$500. The county rinks rent skates for individuals who would like to go to a free skate session to test their ice skating skills. Call the coach and let him know you would like to meet an East representative at drop-in.

How do I register?

Go to <http://www.easthockey.com> to register online.



33	Howard, John (G)
39	Maycock, Landon (G)
89	Brittain, Alexander
7	Burbidge, Dakota
24	Earl, Christian
3	Earl, Espen
37	Greenfield, Nick
36	Hadley, Nic
15	Heimberg, Colton
5	Lewis, Beau
8	McCombs, Mike
23	O'Cain, Nick
14	Potvien, Jay
30	Randall, Spencer
71	Row, Evan
9	Russon, Marcus
22	West, BJ
6	West, Brandon