



Saints Girls Hockey 8U Registration FAQ (last updated 8/8/2024)

1) Other than the new Co-op and the new name, will the 8U program be just like last year?

Not exactly. We have some exciting new changes to the way we are going to structure the program. This season we are aligning our 8U program in the same manner as we align our mite program. Previously, 8U players were assigned to teams at divisions – “A”, “B1”, “B2”, etc. Starting this season players will be assigned to levels 1, 2, 3, and 4, with 4 being the most skilled. The 8U team designations will be determined based on the number and skill of all players during the evaluation process. This change is designed to create increased skill-appropriate player development and competitiveness.

2) Will all the 8U teams practice and play together?

With the new Saints Co-op, we expect to have more 8U players and teams than we have had the past few years. Teams of similar skill levels will still share ice. And even with our forecasted increase in numbers we do not expect any less ice time for any of the 8U teams.

3) Will there be a 6U team offered?

No. It is anticipated that most girls at that age will still play together, likely at the 8U 1 level unless their individual skill and development is more appropriate for a higher level. Again, this will be determined during the evaluation process.

4) My daughter was a Mini-Mite last season. She wants to play girls hockey this season - what program should she register for?

She should be a part of Saints hockey! We encourage girls that have skating experience and have already played Mini-Mites to move up to 8U. Again, with this new change to the 8U structure we are confident that all players at this level will be placed on a skill-appropriate team.

5) I'm not sure my daughter is quite ready for 8U. It seems like a big jump. Can she play a second year of Mini-Mites?

We certainly have had kids play more than one year of Mini-Mites in the past. Typically those that choose to do that are on the younger side (likely still in pre-K), still need more skill development, and/or might not be emotionally ready for the next step. However, generally after a year of Mini-Mites kids are ready to play on an 8U team. And with our new 8U structure we are confident that all girls that were Mini-Mites last season will be placed on a skill-appropriate team with kids of similar age and ability.

6) There is quite a jump in price from Mini-Mites to 8U. Why move up to 8U when we can stay in Mini-Mites and save some money?

It is true that the cost for Mini-Mite registration is significantly less than the cost for 8U. Our Mini-Mite program focuses on improving skating skills and the basics of stickhandling, passing, and shooting. The 8U program is where a player's hockey development starts to really take shape. There is a focus on increasing puck touches, skating fundamentals and edge work, and competition. Players at this level also begin to play half-ice and cross-ice games and scrimmages.

While Mini-Mites skate exclusively on the weekends, 8U players typically skate on the weekend as well as one day per week. They also receive outside skills training.

If fees are prohibitive for any family, the Capitals and its partner, Friends of St. Paul Hockey, offer scholarships. Please find out more and apply for the [Friends of St. Paul Hockey scholarship here](#) and for the [Capitals scholarship here](#).

At the end of the day it is the parent's decision on what's best for their player, but we can say with confidence that the girls who have moved to 8U after one year of Mini-Mites have done well and are developing quickly!

7) How do I register for Saints hockey?

All players will register with their home associations. If you played with the Capitals last season you still register through the [Capitals website](#). Same is true for West Saint Paul – if you played with the Warriors last year you will register again this year through the [WSP website](#).

The first step of your registration is your [USA Hockey registration](#). Once you have your USA Hockey number, return to your home association website to complete your registration.

Then one final step – create a free account on the [Saints hockey website](#). This is the website that will be used during the season for rostering and team management. It's that easy! All you need to do then is wait for warm-ups and evaluations to begin!

8) Speaking of warm-ups and evaluations, when should we expect those to take place?

Warm-up and evaluation dates for 8U have not yet been finalized, but it's best to plan for things to get underway in late September/early October. More information will be shared as dates and times are scheduled.