



8U Mites

2026-2027 Season Information

From the desk of Coach John Anderson, Head Coach

Coaching Staff

Head Coach: John Anderson

Assistant Coaches: Kyle Unruh, Kyle Lessard, Ryan Stephens, David Semenyina

Questions for the coaching staff can be sent through the team contact channel: info@lynchburg.hockey.

Age & Skill Eligibility

This team is primarily for players born in 2018 to 2019 who have graduated from the Learn to Play Hockey program, have a genuine interest in ice hockey, and want to further develop their skills. Some players born in 2020 may also join based on overall player numbers and skill level.

Team Philosophy

My main objective as a coach is to make sure the players have fun and to grow their love for the game.

Our practices are designed to keep the players constantly moving and having fun while developing individual skills, with an emphasis on skating, passing, stick handling, and spatial awareness.

Beyond hockey skills, we strive to build a team-first culture where every player feels supported, encouraged, and part of the 8U family.

Cost

The cost for the season is \$700, plus USA Hockey registration (\$66). Registration opens in May.

Tentative Practice Schedule

Two practices per week in season. First practice expected August 31, last practice late February or early March.

- Mondays, 5:45–6:45 PM (full ice first 30 minutes, half ice last 30 minutes with the 10U team)
- Saturday mornings, 8:15–9:15 AM, half ice shared with the Learn to Play Hockey group

Five optional offseason practices will be scheduled from May through August for those interested. The cost is \$13 per practice, or \$60 for all five practices.

Game Schedule (Jamborees)

At the 8U level, we play 5 to 7 games with other teams in a three-hour window called a “jamboree.” The ice is split into two or three zones so multiple games can be played at the same time. Each game is 4 v 4 plus goalies and lasts 12 to 16 minutes, depending on the host team's preference. Usually around eight teams participate, and each team plays 1 to 2 games, takes a break in the locker room, then plays 1 to 2 more. Common opponents include the Roanoke Jr Dawgs, Richmond Generals, Hampton Roads Whalers, Carolina Jr Thunderbirds (Winston-Salem), Greensboro Stars, and Blue Ridge Pounce (Wytheville).

The goal for the season is 5 to 7 jamborees spread out as much as possible, including 2 home jamborees at LaHaye (usually 9:30 AM–12:30 PM) and 3 to 5 away jamborees at other rinks no more than 2.5 hours from Lynchburg. Away jamborees can start as early as 9:15 AM or as late as 4 PM. Players are expected to participate in all home and away jamborees.

Jerseys

Each player receives one game jersey, one set of game socks, and one reversible practice jersey. Jersey orders are placed in late May or early June to have them ready for the start of the season. Families provide their top three jersey number choices. Use the sizing guide below for jersey size. In the past, 20” socks have worked well for all players.

Height	Weight	Jersey Size
4'4"-4'6"	50-70 lbs	Youth Small
4'7"-4'9"	70-80 lbs	Youth Medium
5'0"-5'2"	80-90 lbs	Youth Large
5'2"-5'3"	90-110 lbs	Youth XL
5'3"-5'5"	110-125 lbs	Adult Sm (44)
5'5"-5'8"	125-150 lbs	Adult Med (46)
5'8"-5'11"	150-170 lbs	Adult Lg (48)
5'11"-6'2"	170-200 lbs	Adult XL (52)
6'2"-6'4"	200-230 lbs	Adult 2XL (56)

Pro Sock sizing

18” Mite smaller child 50-70 lbs

20” Large Mite Squirt 75-90 lbs

22” Squirt-Small Pee Wee 90-130 lbs

25” Large Pee Wee Bantam 130-160

28” HS boys size...Over 6’ 170 lbs

Goalies

Every player has the opportunity in practice to try playing goalie if they want to, using team-provided “quick change” goalie pads designed to go over their regular hockey pads.

Mites On Ice Opportunities

We expect the opportunity to participate in a short 3 to 5 minute “Mites On Ice” scrimmage during the intermission of a professional hockey game with the Roanoke Dawgs at the Berglund Center. We have also reached out to the Washington Capitals about a similar event with them.