



Manchester Regional Youth Hockey Association A look into our programs

Flames Travel Program "AAA", "AA"

The Flames "AAA", "AA" program is the most advanced and competitive program we offer. This program offers the most ice-time and participates in the Granite State League and either the Seacoast League or Mass. Select League. The coaches in the Flames program have spent years coaching in our other programs and some coach at the high-school level. All Coaches are patched with USA Hockey. The players allowed into the program are top quality and play against other teams at the same level across the state. A player must sign-up and try-out to be accepted into this program

Flames "A" Travel Program

The Flames "A" program is the next skill level up by building on the "Recreational League" program. There is increased ice time with local practices and travel games in the Granite State League. Players in the Flames "A" program must also participate in the "Recreational League". More ice time and instruction helps players advance at a more rapid pace. Travel games let your player compete with travel level players from other programs. All Coaches in the Travel Program are patched with USA Hockey. A player must sign-up and try out to be accepted into the program. Squirts through Bantams.

Lady Hurricanes

The Manchester Lady Hurricanes program participates in the Granite State League and the Middlesex Yankee Conference Girls Hockey League. The Lady Hurricanes is designed to develop individual confidence in one's self while learning fair play and competition in the fast paced game of hockey. Coaches work to teach players proper technique and skill development in order to be competitive against all other girl teams. Within our program success is based not on winning or losing but more the personal development of girls to gain confidence on and off the ice. A player must sign-up and try-out to be accepted into this program.

Future Flames-Learn to Skate/Intro Mites/, Ages 4-8

Our Intro Mite / Mite Development Program is designed to build a strong foundation for the new player wishing to learn the fundamentals of skating and hockey. Emphasis is on the development of individual skills regardless of their age and athletic ability. MRYHA will utilize USA Hockey's recommended cross ice program, and adhere to USA Hockey' suggested skill development model specific to this age group. [USAH Intro/Mite Development Manual](#)

This program consists of three sessions, 8 weeks long, two times per week. You may sign up for one, two, or all three session. Program runs Mid September through Mid March.

Mites, Introduction to Flames Travel

This is for the Mite age player, and is designed for the player who is ready to move on from the Future Flames Mite Development program but not yet ready for full Flames travel, the program is the next level up by building on the Future Flames Mite Development program. There is increased ice time with local practices and travel games in the Granite State League or seacoast League. Players in this program must also participate in the "U10 Recreational League". All Coaches in the Program are patched with USA Hockey. A player must sign-up and be evaluated to be accepted into the program.



MRYHA Recreational League



U10 Mites/Squirts Ages 7-10 The season will begin with 3 practices before any games begin. Practices will be worked into the schedule; every 2 games will come 1 practice. The division will change on the fly for the entire season.

U14 Peewees/Bantams Ages 11-14 The divisions start the season with 2 or 3 practices before starting their game schedule. Some practices will be scheduled during the season, but fewer than the younger divisions. The biggest change for youth players occurs in the peewee division as body checking and slap shots are now legal in this division.

Midgets: The Midget division begins with 1-2 practices before starting their games. Midgets may play 3 on 3 or 5 on 5 games depending on numbers.

All house teams end their year with playoffs and championship games.

Hubie McDonough Flames Program Director

Hubie is a native of Manchester New Hampshire, is in his ninth year as the Director of Hockey Operations for the AHL Manchester Monarchs.

As a youth, Hubie began with the Manchester Flames; he then skated for Manchester Memorial High School, coached by his father, Hubie Jr. McDonough spent a year at New Hampton Prep before moving on to Saint Anselm College. McDonough played for Saint Anselm College from 1982 through 1986, a two time "All American" and three time ECAC "Player of the Year", he scored 124 career goals and added 86 assists in 104 career games.

One of the most prolific goal scorers in small college ice hockey history, McDonough captured the small college Hobey Baker Memorial Award in 1985. He is the program's all-time point's leader (210) and his 124 goals top the school's goal scoring charts. His 71 points in the 1984-85 campaign (41 goals, 30 assists) is the highest single season output in program history. McDonough's jersey was the first ever retired by the college in any sport.

Signed by the Los Angeles Kings as a free agent in 1988, McDonough enjoyed a 13-year pro career that spanned 955 games, including 195 NHL contests with the Kings, the New York Islanders and the San Jose Sharks. McDonough was selected as the Most Valuable Player in the 1995 IHL All-Star Game.

ScoreBound Hockey™

Owned and operated by Scott Pellerin and Hubie McDonough III, Nationally recognized NHL professionals. ScoreBound Hockey located in the Bedford SportsPlex, Bedford, NH. This facility is dedicated to the hockey player seeking to improve his or her hockey skills through core strength training and off-ice hockey skills exercises. This facility will allow our players to practice proper shooting and passing techniques in a fun environment and without the high cost of ice time

Scott Pellerin

As a 1992 graduate of the University of Maine, Pellerin was Co-Rookie of the Year in 1988, an All-American, Player of the Year in 1992, Most Valuable Player for the Hockey East Tournament in 1992 and the 1992 Hobey Baker winner. He was the Devils' third-round draft pick (47th overall) in the 1989 NHL Entry Draft and signed his first professional contract with New Jersey in 1992. The native of Shediac, New Brunswick, represented Canada in the Goodwill Games in Seattle, Washington, and also won a Gold Medal with Team Canada at the World Junior Championships in Finland in 1990. He was a member of the 1995 Calder Cup winning Albany River Rats and the AHL's 1995-96 regular season champions, again as a member of the River Rats. Pellerin accumulated 120 goals, 184 assists, 304 points and 429 penalty minutes in 328 career games in the AHL as a member of the Utica Devils, the Worcester IceCats, the Portland Pirates and the River Rats. Pellerin was also a part of the St. Louis team that won the Presidents' Trophy, awarded to the NHL team with the best record at the end of the regular season, in 1999-2000.

In the community, Pellerin was voted as one of the top 100 good guys by "The Sporting News" for his charitable work with Pelly's Pets on the Blues' web site in conjunction with the local animal shelters



Program Descriptions

Future Flames Learn to Skate/Intro to Hockey Development

Intro/Mite Development Program Ages 4-8



- \$99 - 8 week session Starting Mid September ending in mid March
- 3 sessions available, sign up for all three session and receive \$25 discount
- 2+ Hours of On-Ice Instruction
- Set schedules Friday Evenings Saturday and/or Sunday Mornings
- Jersey's to keep included
- USA hockey recommended development plan; Cross Ice Fun.

Flames "AAA", "AA" Mite Teams:

- Mass Select, Granite State League and/or Seacoast Hockey League combined 40 - 50 games
- 55+ practices on set days
- Granite State League Tournament or Seacoast Hockey League Tournament
- On-Ice Skill sessions with Scorebound Hockey
- Off-Ice Skill sessions with Scorebound Hockey
- Professional Goalie Clinics
- Pre-Season Clinic with ScoreBound Hockey
- 2 complimentary tickets to MRYHA Night/Alumni Game/Monarchs Game

Flames "AAA", "AA" Squirt Teams:

- Mass Select, Granite State League and/or Seacoast Hockey League combined 40 - 50 games
- 55+ practices on set days
- Granite State League Tournament or Seacoast Hockey League Tournament
- On-Ice Skill sessions with Scorebound Hockey
- Off-Ice Skill sessions with Scorebound Hockey
- Professional Goalie Clinics
- Pre-Season Clinic with ScoreBound Hockey
- 2 complimentary tickets to MRYHA Night/Alumni Game/Monarchs Game
- Specialty Clinics Monthly (Defenseemen, Forwards, Face-offs Etc.)

Flames "AAA", "AA" Pee Wee Teams:

- Mass Select, Granite State League and/or Seacoast Hockey League combined 40 - 50 games
- 55+ practices on set days
- Granite State League Tournament or Seacoast Hockey League Tournament
- On-Ice Skill sessions with Scorebound Hockey
- Off-Ice Skill sessions with Scorebound Hockey
- Professional Goalie Clinics
- Checking Clinic with Flames Director Hubie McDonough
- Pre-Season Clinic with ScoreBound Hockey
- 2 complimentary tickets to MRYHA Night/Alumni Game/Monarchs Game
- Specialty Clinics Monthly (Defenseemen, Forwards, Face-offs Etc.)

Flames "AAA", "AA" Bantam Teams:

- Mass Select, Granite State League and/or Seacoast Hockey League combined 40 - 50 games
- 55+ practices on set days
- Granite State League Tournament or Seacoast Hockey League Tournament
- On-Ice Skill sessions with Scorebound Hockey
- Off-Ice Skill sessions with Scorebound Hockey
- Professional Goalie Clinics
- Pre-Season Clinic with ScoreBound Hockey
- 2 complimentary tickets to MRYHA Night/Alumni Game/Monarchs Game
- Specialty Clinics Monthly (Defenseemen, Forwards, Face-offs Etc.)



Flames Split Season Teams: Midget Minor & Major



- Granite State League – approximately 12-16 games
- 15+ practices on set days
- Pre-season On-Ice Skill sessions with Scorebound Hockey
- Off-Ice Skill sessions with Scorebound Hockey – Optional, at additional fee
- Specialty Clinics Monthly (Defensemen, Forwards, Face-offs Etc.)

Flames "A" Teams Mites-Bantams

- Recreational League and Granite State Hockey or Seacoast League approximately 20-25 games
- 40+ practices on set days
- Granite State Hockey or Seacoast League Tournament
- On-Ice Skill sessions with Scorebound Hockey
- Off-Ice Skill sessions with Scorebound Hockey
- Professional Goalie Clinics
- Pre-Season Clinic with ScoreBound Hockey
- 2 complimentary tickets to MRYHA Night/Alumni Game/Monarchs Game
- Checking Clinic with Flames Director Hubie McDonough (Peewees only)

Girls Teams: U10/12, U14/16

- Granite State League and Middlesex Yankee Conference Girls Hockey League combined 35 - 40 games
- 40+ practices on set days
- Granite State League Tournament
- Middlesex Yankee Conference Girls Hockey League Tournament
- 2 complimentary tickets to MRYHA Night/Alumni Game/Monarchs Game

Recreation League Ages 7-10

- 13+ Games /Practices
- On Ice Skill session with Flames Director Hubie McDonough
- Team Jersey included
- 2 complimentary tickets to MRYHA Night/Alumni Game/Monarchs Game

Recreation League Ages 11-14

- 13+ Games /Practices
- On Ice Skill session with Flames Director Hubie McDonough
- Checking Clinic with Flames Director Hubie McDonough (Peewees Only)
- Team Jersey included
- 2 complimentary tickets to MRYHA Night/Alumni Game/Monarchs Game

Recreation League Midgets

- 13+ Games /Practices 3 on 3 or 5 on 5
- Sunday night Schedule
- Team Jersey included
- 2 complimentary tickets to MRYHA Night/Alumni Game/Monarchs Game

*Recreational season is Late October through end of February.

