

Winnetka Hockey Club

2009~10 Program Guide

About The Club . . .

The **Winnetka Hockey Club** is a not for profit organization promoting youth ice hockey to approximately 650 boys and girls within the **communities of Winnetka, Glencoe, Kenilworth and Northfield**. We are pleased that with the completion of the new North Shore Ice Arena, all our club's activities will be held at the Winnetka Ice Arena, Watts Rink in Glencoe, or the North Shore Ice Arena. Our program is run through the combined efforts of our Board of Directors, professional staff, the Winnetka Park District and volunteer coaches. **We offer programs for children ages 5 - 15 at both the recreational (*House League*) and competitive (*Travel*) levels.**

Our Mission Statement . . .

"The mission of the **Winnetka Hockey Club** is to teach the children of Winnetka and surrounding communities the sport of ice hockey and to develop team and individual skills through both recreational and competitive play while emphasizing sportsmanship, cooperation, self discipline, individual responsibility, and respect for others, to provide the best possible experience for all participants."

Youth Hockey General Information . . .

Hockey is a sport that children as young as five can participate in and enjoy. It is a fast moving, exciting game that is played in one hour. It requires skills and team work. It offers excellent physical exercise during the winter months when other activities may be limited. The nature of hockey requires that children learn the foundation of participating in a team sport; cooperation with others, respect for the opposing team and sportsmanship. Come out and watch a game and see what makes youth hockey one of the largest sports programs in our community.

Important Dates

August 22	Preseason Travel Clinic Begins (boys & girls)
September 1	Travel Tryouts: "Top" Team & All Bantams
September 8	Travel Tryouts: All Other Teams
September 11	Travel Tryouts: Girls U-10, U-12, U-14
September 11	Used Equipment Sale @ Winnetka Ice Arena (4-5:30 pm)
September 12 & 13	Free "Give Hockey A Try!" Clinic
September 13	Girls Rule - Free Hockey Clinic
September 20	Preseason House League Clinic Begins
September 20	Bantam House League Evaluations
September 26	Squirt House Select Team Tryouts
October 1 & 18	House League Evaluations: Minor-Mites - Pee Wees
October 17	Girls U-8 Tryouts
December 7	Mite A-2 Tryouts

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Winnetka Hockey Club

serving communities of Winnetka, Glencoe, Kenilworth & Northfield

register on-line @ www.winnetkahockey.com



House League Hockey

Mike Purcell, House Director • (847) 501-5440 • michael_purcell@sbcglobal.net

The House League is the foundation of the Winnetka Hockey Club. The goals of our House League are to:

1. Teach the fundamental skills of the game.
2. Teach sportsmanship, fair play and team work.
3. Have **FUN!**

We encourage all participants to have learned to skate prior to participation in the house league. The Winnetka Park District and Glencoe Park District offer excellent learn to skate programs. Please consult the Park District brochures for further information on these programs.

The House League program is divided into five age levels:

Minor Mites: Children born in 2003/2004
Mites: Children born in 2001/2002

Squirts: Children born in 1999/2000
Pee Wees: Children born in 1997/1998
Bantams: Children born in 1995/1996

All levels (except Bantams) will begin their season in October. **There is minimal conflict with the soccer season.** There is also an optional pre-season clinic beginning in September for those desiring additional instruction. After a “rating session” children are placed onto equally divided teams that play and practice together. The season concludes in mid-March prior to spring vacation. **All house league activity is at either the Winnetka Ice Arena, the Watts Rink in Glencoe, or the North Shore Ice Arena (NSIA).**

Volunteer coaches who give generously of their time coach all house league teams. Should you wish to volunteer to coach please check the appropriate box on the application.

When Do House League Teams Skate?

Teams will begin skating in late October at the Winnetka Ice Arena. The Watts Rink in Glencoe opens December 1 and will be utilized for team practices.

Minor Mites:	Saturday morning practices @ Watts or NSIA	Sunday early afternoon games @ Winnetka
Mites:	Sunday early afternoon practices @ Watts or NSIA	Saturday morning games @ Winnetka
Squirts:	Saturday morning practices @ Watts	Sunday afternoon games @ Winnetka
Pee Wees:	Monday evening practices @ Watts	Sunday evening games @ Winnetka
Bantams:	Will participate in the North Shore House League	

Season Fee: \$440 Minor Mites - Pee Wees / \$540 Bantams
(Does Not Include Mandatory USA Hockey Registration Fees of \$43)

Non Resident Fee: Additional \$110 (for those who do not resident in Winnetka, Glencoe, Northfield or Kenilworth)

What Is Accomplished At Each Level?

At the **Minor Mite** level, skating and hockey fundamentals are emphasized. The Minor Mites will play a four on four, half ice, developmental format. The Winnetka Hockey Club believes “four on four” creates a better environment for skaters to learn the fundamentals and participate more while on the ice. Minor Mites will have a low key season ending tournament.

At the **Mite** level, players transition to full five on five hockey. The emphasis still remains on skating, along with team play. Games are played with an automatic line change every two and a half minutes. Mites will play a post season tournament.

Squirts and Pee Wees continue to learn the fundamentals, stressing sportsmanship. Squirts and Pee Wees play the traditional hockey rules. There is no-checking at either level. Teams will skate twice a week with a post season tournament.

Bantams will play check hockey in the North Shore Hockey League. The NSHL will tier its’ league according to the skill of the teams.

House League Clinic & Evaluations

Pre-Season Clinic

The Winnetka Hockey Club offers a pre-season clinic for House League skaters. These clinics will focus on skill development, such as skating, puck-handling and shooting. Each group will meet for (4) one hour sessions. The fee is \$90.

Date	Minor Mites (name A - L)	Minor Mites (name M - Z)	Mites (name A - L)	Mites (name M - Z)	All Squirts	All Pee Wees
Sunday, Sept. 20	12:35 pm	1:35 pm	2:45 pm	3:45 pm	4:55 pm	6:05 pm
Saturday, Sept. 26	8:10 am	9:10 am	10:20 am	11:20 am	12:30 pm	1:40 pm
Saturday, Oct. 3	9:10 am	8:10 am	10:20 am	11:20 am	12:30 pm	1:40 pm
Sunday, Oct. 4	12:35 pm	1:35 pm	2:45 pm	3:45 pm	4:55 pm	6:05 pm

House League Evaluations

In order to properly balance all teams, participation in the Evaluation session is extremely important. **There is only one session, so please make every effort to attend.**

Minor Mites (A - L): Saturday, October 17 (10:20 am)

Mites (A - L): Saturday, October 17 (8:10 am)

Squirts (A - L): Sunday, October 18 (4:55 pm)

All Pee Wees: Sunday, October 18 (7:05 - 8:20 pm)

Minor Mites (M - Z): Saturday, October 17 (11:20 am)

Mites (M - Z): Saturday, October 17 (9:10 am)

Squirts (M - Z): Sunday, October 18 (5:55 pm)

All Bantams: Sunday, September 20 (8:15 - 9:30 pm)

Give Hockey A Try!

FREE Get Acquainted Clinic For Beginners

Did you ever want to try hockey or just learn how to hockey skate? Come on out and receive professional instruction on the fundamentals of skating and hockey in this fun two day clinic. Just bring your skates (*rentals skates are available*), bike or hockey helmet and gloves or mittens. We provide a free hockey stick for all participants. This is a great opportunity for those who have limited skating experience to improve their skills. Our expert coaches will teach skating, shooting and puck-handling.

Date	Time
Saturday, September 12	12:00 pm - 1:05 pm
Sunday, September 13	12:30 pm - 1:35 pm

You may participate in one or both days of the program. To ensure proper instructor coverage, please pre-register by September 6 by contacting DJ LaVarre at (847) 446-9362.

Girls Rule!! FREE Clinic Just For The Girls!

OK Girls, this one is just for you! Our mini-clinic will help guide participants through the fundamentals of hockey, skating, puck handling, and shooting. This is a great opportunity for the participant with limited experience or those converting from figure skating. Participants will be given a stick. Skaters should have a helmet (*bike helmets are acceptable*), gloves or mittens, and hockey skates (*rentals are available*).

Date	Time
Sunday, September 13	1:45 pm - 2:50 pm

To ensure proper instructor coverage, please pre-register at (847) 446-9362.

2009~10 Girl's Travel Program

Erik Kahler • (847) 784-1882 • erik_kahler@treehousefoods.com

Annie Camins • (312) 363-9216 • acamins27@hotmail.com

The girls program will be divided into the following age groups:

U-8 Team (Born after 2000)

The U-8 team will be developmental in nature and will play approximately 15 games and practice 20-25 times beginning in mid-October. The team will skate approximately twice weekly.

U-10 Teams (born in 1999 or 2000)

The team will participate in the Girls Division of the Northern Illinois Hockey League with additional games and tournaments. The team will skate four times weekly with games, practices and skills sessions.

U-12 (born in 1997 or 1998) and U-14 (born in 1995 or 1996) Teams

The U-12 and U-14 Teams will compete in the Girls Division of Northern Illinois Hockey League with additional exhibition games and tournaments. Both teams will skate at least four times weekly with games, practices, and skills sessions.

We will offer a U10/12 "B" Team if the numbers allow us to. It will be recreational in nature with one practice and one game weekly in the North Shore Hockey League.

Girls Clinic & Tryout Schedule

There will be a three session "Tune-Up" clinic for all Girl's Travel Tryout participants. Clinic & Tryout fee is \$195 (except U-8). Please plan on attending all tryout sessions

••• Tryouts •••

Team	Date	Time	Location
U-8	Sat., Oct. 17	12:30-1:30 pm	Winnetka
U-10	Fri., Sept. 11	5:25-6:30 pm	Winnetka
U-10	Sat., Sept. 12	2:00-3:20 pm	Winnetka
U-12	Fri., Sept. 11	6:40-7:45 pm	Winnetka
U-12	Sat., Sept. 12	3:30-4:50 pm	Winnetka
U-14	Fri., Sept. 11	7:55-9:05 pm	Winnetka
U-14	Sat., Sept. 12	5:00-6:20 pm	Winnetka

••• Clinics •••

Team	Date	Time	Location
U-10	Mon., Aug 31	5:40-6:40 pm	NSIA
U-10	Wed., Sept. 2	5:40-6:40 pm	NSIA
U-10	Wed., Sept. 9	5:40-6:40 pm	NSIA
U-12	Mon., Aug 31	6:50-7:50 pm	NSIA
U-12	Wed., Sept. 2	6:50-7:50 pm	NSIA
U-12	Wed., Sept. 9	6:50-7:50 pm	NSIA
U-14	Sun., Aug 30	8:40-9:40 am	NSIA
U-14	Mon., Aug. 31	8:00-9:00 pm	NSIA
U-14	Wed., Sept. 9	8:00-9:00 pm	NSIA

Team fees will be posted on the WHC web site

Youth Travel Hockey Program

Mike Straub, Youth Travel Director • (847) 778-6453 • mstraub@pactiv.com

The **Winnetka Hockey Club Travel program** is design for the child and family that desires a more competitive experience and greater level of commitment.

The goal of the travel program is to allow highly skilled players an opportunity to develop their skills while receiving high level coaching and instruction. Our teams compete in the Central States, Northern Illinois, and North Shore Hockey Leagues.

We take great pride in having one of the most experienced coaching staffs in the area. Typically, teams are on the ice at least four times weekly with team practice, skill development, and games. Our teams typically play 30-45 games, depending on the age/level, and participate in one local tournament over Thanksgiving and one out of town tournament. **No activity takes place over the Winter Holiday break.** Weeknight practice schedules are relatively consistent.

The fees assessed to our participants cover the direct costs of operating the program; ice time, referees, coaches' salaries, tournament entry fees, uniforms, and administration of the club. **Fees will be posted on the WHC web site.** Goalie fees are reduced 30%. Limited financial assistance is available and all requests should be made to WHC President, Eric Lifvendahl.

This season, our goal is to field the following teams at each level:

Mites (born in 2001/2002/2003)

Four Teams: All in NIHL

Squirts* (born in 1999/2000)

Four Teams: Top Team in Central States, and three in NIHL

Pee Wees (born in 1997/1998)

Three Teams: All in NIHL

Bantams (born in 1995/1996)

Two Teams: All in NIHL.

* At the Squirt levels, there will also be House Select team. The purpose of this team will be to offer the more experience house league skater the opportunity to improve their skills. **Skaters must be registered in House League in order to participate and pre-register for tryouts, prior to September 20.**

The House Select team will skate twice weekly with one game and one practice weekly. Participants are expected to attend practices. Each team will play games primarily in the north suburban area with one local tournament. **Fees will be posted on the WHC web site.**

Tryouts will be on Saturday, September 26 for Squirts at 5:00 pm.

The WHC will continue to offer "Mite A-2 teams" for children born in 2002 or 2003. These teams will be selected from participants within the house league program. Mite A-2 teams are designed to give our younger skaters an opportunity to experience travel hockey on a modified basis. **The A-2 teams will begin in early December and tryout information will be available in November.** A limited number of 2001 birthdates are permitted on A-2 teams.

Tryout Procedures

The coaching staff makes all team selections. It is our policy to have a "closed" tryout with only the coaches and participants in attendance. We believe this helps the children to relax and the coaches to focus on their job.

The fee for preseason activities is \$425 which includes the Travel Clinic as well as Travel Team tryouts. There is no pro-rating of fees.

Preseason Youth/Travel Clinic

Attend By Your Birth Year To Ensure Proper Instruction. Clinic & Tryout Fee Is \$425.

Saturday, August 22

Time	Birth Year
10:00 am	2001
11:30 am	2000
1:00 pm	1999
2:30 pm	1998



Friday, August 28

Time	Birth Year
5:00 pm	2001
6:30 pm	1998
8:00 pm	1997



Sunday, August 23

Time	Birth Year
11:30 am	2002
1:00 pm	1997
2:30 pm	All Bantams



Saturday, August 29 (See Box Below)

Time	Birth Year
9:00 am	2002
10:30 am	2000
11:40 am*	2001
12:00 pm	1997
1:10 pm*	1998
1:30 pm	All Bantams
2:40 pm*	1999



Monday, August 24 (See Box Below)

Time	Birth Year
4:15 pm	2001
5:30 pm*	1998
5:45 pm	2002
7:00 pm*	1997
8:30 pm*	All Bantams

Sunday, August 30

Time	Birth Year
11:00 am	2002
12:30 pm	2001
2:00 pm	2000
3:30 pm	1999
5:00 pm	1998
6:30 pm	1997
8:00 pm	All Bantams



Tuesday, August 25

Time	Birth Year
4:15 pm	2000
5:45 pm	1999



Wednesday, August 26 (See Box Below)

Time	Birth Year
4:15 pm	2002
5:40 pm*	2001
5:45 pm	1998
7:10 pm*	1997
8:40 pm*	All Bantams



Monday, August 31

Time	Birth Year
5:00 pm	2002
6:30 pm	2000
8:00 pm	1997



Thursday August 27

Time	Birth Year
5:00 pm	2000
6:30 pm	1999
8:00 pm	All Bantams



All Sessions Are 80 Minutes!
 * Clinics Held at North Shore Ice Arena
 All Other Clinics Held at Winnetka Ice Arena



2009~10 Youth Travel Tryouts



Date	Time	Teams
Tuesday, September 1	5:50 - 7:10 pm 7:20 - 8:30 pm 8:40 - 10:00 pm	Mite Team #1 Pee Wee Team # 1 All Bantam Teams
Wednesday, September 2	5:25 - 6:40 pm 6:50 - 8:05 pm 8:15 - 9:35 pm	Squirt Team # 1 Pee Wee Team # 1 All Bantam Teams
Thursday, September 3	5:25 - 6:40 pm 6:50 - 8:05 pm 8:15 - 9:35 pm	Mite Team #1 Squirt Team #1 All Bantam Teams
Friday, September 4	5:25 - 6:35 pm 6:45 - 7:45 pm 7:55 - 8:55 pm	Mite Team #1 Squirt Team #1 Pee Wee Team #1
Tuesday, September 8	5:50 - 7:00 pm 7:10 - 8:20 pm 8:30 - 9:40 pm	Mite Teams 2 - 4 Squirt Teams 2 - 4 Pee Wee Teams 2 - 3
Wednesday, September 9	5:25 - 6:30 pm 6:40 - 7:45 pm 7:55 - 9:00 pm	Mite Teams 2 - 4 Squirt Teams 2 - 4 Pee Wee Teams 2 - 3
Thursday, September 10	5:25 - 6:25 pm 6:35 - 7:35 pm 7:45 - 8:45 pm	Mite Teams 2 - 4 Squirt Teams 2 - 4 Pee Wee Teams 2 - 3

**Team # 1 is designated as the top team at the particular age level.
Only those who feel they have the appropriate skills to skate
on the top team are encouraged to try out.**

WHC Contacts & Registration Info.

WHC Contacts

D. J. LaVarre, Hockey Director	(847) 446-9362	hockeygolf@msn.com
Tom Gullen, Winnetka Park District	(847) 501-2069	tgullen@winpark.org
Eric Lifvendahl, President	(847) 784-1841	ERL@willmont.com
Mike Straub, Travel Director	(847) 778-6453	mstraub@pactiv.com
Annie Camins, Girls Hockey Director	(312) 363-9216	acamins27@hotmail.com
Erik Kahler, Girls Co-Director	(847) 784-1882	erik_kahler@treehousefoods.com
Mike Purcell, House Director	(847) 501-5440	michael_purcell@sbcglobal.net

Registration Instructions

Registration forms **MUST** be completed **on line** at www.winnetkahockey.com.

All registration must be completed no later than **August 25** for Travel and Girls Teams and **October 10** for House League Teams. Players/Parents unsure which program best suits their needs are invited to call Hockey Director, DJ Lavarre at (847) 446-9362 .

All players (new and returning, travel and house) **MUST** register with USA Hockey each year. You will need a current USA Hockey number in order to register on the WHC site. **You will NOT be able to complete WHC registration without it.** You may register and purchase it at www.usahockeyregistration.com.

Please complete all information requested on the WHC web site registration form. There are two required forms that should be completed online in addition to the registration materials: **WHC Medical Release** and **WHC Waiver forms** must each be completed on-line before your player is allowed on the ice. **There are NO exceptions to these rules.** Questions regarding these forms should be addressed to the registrar Cynthia Lyman, (847) 501-5302 or lymanfamily4@comcast.net.

- **House League Payment** - You must remit payment with your registration
- **Travel Clinic/Tryouts** - Youth Travel and Girls Travel - You must remit payment with your registration

Travel Season Fees - Youth Travel and Girls Travel - Annual payment or three installments.

Annual Payment or First Installment Due:	October 15, 2009
Second Installment Due:	November 15, 2009
Third Installment Due:	January 15, 2010

Travel season fees will be posted on the Winnetka Hockey web site.

You have the option to pay the full fee or a deposit and two installments. You may pay by either a mailed check or a credit card. Regardless of whether you pay by check or credit card, we require that you provide a valid credit card account number with each registration. Unless you specifically direct us to charge your credit card, we will use this account number only in the event of collection problems. This policy has significantly reduced our collection problems, which helps keep fee increases to a minimum.

PLEASE NOTE: Your child will not be allowed to skate with his or her team if season fees are delinquent.

register on-line @ www.winnetkahockey.com

Winnetka Hockey Club
P.O. Box 426
Winnetka, IL 60093

