



Glenview Stars Girls U14

Head Coach	Don Cichanski	gtxdon@att.net
Assistant Coach	Carley King	ckingx44@gmail.com
Assistant Coach	Gina Guzzi	hockeygina13@comcast.net

The Glenview Stars Girls Hockey Program is committed to building young athletes and to providing a superior quality hockey experience. Our coaches will work to develop each player's overall skills while training the team to compete at a high level of play. We strive to model a focused work ethic through mutual respect and personal responsibility. The Glenview Stars Girls Hockey Program will provide unique opportunities for all of our girls to build community, mentoring and leadership among our female athletes.

2016 – 2017 Skater Fee: \$3,675
Goalie Fee: \$2,575

Fees Include:

Two practices per week
1.5 hours Skills Session per week
*Power Skate run by Rob Messner &
Skills Stations run by the girls coaching staff*
Video Review Sessions
Stars Parent Banquet in January
NIHL Girls Division League Fee
One Tournament Entry Fee
Illinois State Tournament Entry Fee

Fees do not include:

Home & Away Jerseys \$215
New design for 2016-2017
Required Team Apparel Package \$80
*Dryland T-shirt & Shorts
Game Socks*
Optional Stars Hockey Bag \$105
Optional Warm-up Jacket \$75
Optional Warm-up Pants \$45
Travel & Hotel Costs
Team Slush Fund
Approximately \$600
Sell Fundraiser Tickets \$250

OFF ICE TRAINING & NUTRITION: It is important for an athlete to train her entire body and to pay attention to her nutritional needs in order to perform at her peak and to prevent injury. Assistant Coach Gina Guzzi will continue running her weekly U14 off-ice training program at Glenview Ice Center. In addition, *Progressive Sports Performance* will run our dry land series this season and will give a nutritional seminar to our players and their families. Three certified sports trainers will work with the U14 team for 20 one-hour sessions. *Progressive Sports Performance* is located at 1808 Janke Drive, Northbrook - 10 minutes away from Glenview Ice Center.

*Stars' Girls continuing a tradition of
hockey excellence*

Tryouts

Sunday, August 21 4:15 – 5:15 PM @ GIC
Monday, August 22 9:10-10:10 PM @ GIC

Prospective Tournaments

Girls Motown Cup

October 21 - 23, 2016
Detroit, Michigan

Fire on Ice

November 4 – 6, 2016
Rochester, New York

Tournament of Heroes

December 2 – 4, 2016
Whitby, Ontario

Mid-Winter Classic

January 14-16, 2016
Chicago, Illinois

Events

Duck Puck Mash Up

Monday, September 26, 2016

Cancer Awareness

Events throughout October TBD

Hockey Fights Hunger

November food drive

Puck Cancer

December Charity Game w/ MsConducts

Celebration of Hockey

January 27 – 28, 2017 to raise money for
American Hearing Impaired Hockey Assoc.