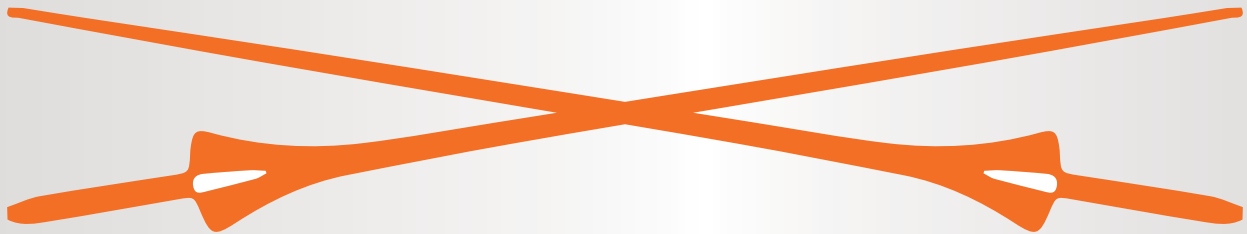




INFORMATION PACKET
2018-2019



OMAHA JUNIOR LANCERS
HIGH SCHOOL PROGRAM

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Omaha Junior Lancers – Varsity and Junior Varsity Program*

*The program listed is subject to change. Elements will be added to enhance and improve the program, while certain elements are subject to be altered based on scheduling and availability.

Dear Omaha Junior Lancers Prospect:

The Omaha Junior Lancers are pleased to present the following information to players looking to play for the High School Varsity and/or Junior Varsity teams in the Midwest High School Hockey League and an independent midget schedule.

We would like to emphasize the importance of understanding what the Junior Lancers can offer you and provide information regarding the values of the program.

Our ultimate goal is to make the Junior Lancers High School program your first choice in high school and midget hockey competition.

The Mission

Our primary mission is to provide players with a quality and successful experience playing for the Omaha Junior Lancers program. The goal for our staff and players is to promote exciting community-based enjoyment for all ages. By focusing on our primary goal, our Hockey Club and players will provide a positive example to the local youth as role models, through community involvement with local business and minor hockey, while practicing professional conduct at all times.

The Organizational Structure

Our program is headed by the High School Midwest Travel Director and steering committee which is responsible for all off-ice organization of the hockey program. This group will offer an abundance of experience in both hockey team management and business operations, including marketing and finance.

Our coaching staff is responsible for overseeing the assessment of our players, and in dealing with the development of the team as a whole. This group is comprised of the following; Head Varsity Coach, Head JV coach, goalie coach; typically all non-parent positions.

Our staff extends further to include an equipment manager, statistician and a number of game day volunteers.

Within the Junior Lancers program this experienced group of qualified individuals is dedicated entirely to ensuring our players have the best experience possible while aiming to be the best team in the Midwest High School Hockey League.

The League

The Omaha Junior Lancers Varsity and Junior Varsity program plays in the Midwest High School Hockey League, which consists of teams in Nebraska, Kansas and Iowa. The league allows players to play competitive hockey close to home. The team will also participate in a preseason schedule starting in August with dry land training continuing with a schedule of midget/high school games in September and October.

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The Team

The Omaha Junior Lancers are committed to the development of players which is made up of dedicated young athletes fully prepared to work hard on and off the ice and committed to the kind of effort they know it will take to have the best opportunity to succeed.

The Schedule

The Omaha Junior Lancers High School season starts in August and will run through the end of March of each season, and will play a minimum 28 game league schedule with playoffs. The teams will participate in a schedule outside of the league as preseason competition.

The Team Objectives

The Omaha Junior Lancers main objective is to provide our players a higher level of competitive hockey and allow them the opportunity to compete against skilled players and help them achieve their goals. We also want to provide a quality high school experience for the competitive hockey player. We believe that the following team objectives will ensure that the teams achieve their goals.

- To provide each player the necessary tools to achieve their personal goals.
- To build a team made up of character individuals who are prepared to commit themselves to being the very best that they can be on and off the ice.
- To instill a work ethic that will continue on, regardless of what the player's career choice may be.
- To promote excellent health and physical fitness.
- To involve players in the community so as to expand their knowledge and experiences outside of the dressing room.

Our squad consists of players that are registered in high school (freshman – senior), all with clear objectives within the game itself, and for life as a whole. Only athletes with the highest of expectations of themselves and the desire for achievement will be considered for our program. Each team will be provided with the following:

- Minimum 28 game regular season schedule; 14 home and 14 away, plus playoffs
- 3 on ice practice sessions per week, averaging 3-4 hours per week (Tuesday, Wednesday and Thursday evenings).
- Dedicated off-ice training program (including team and individual requirements)
- Regular fitness evaluation and skill testing, on and off ice.
- Game night staff including Equipment Manager, Athletic Trainer
- Private team dressing room with individual player chairs
- Detailed game day preparation – team and individual meetings, etc.
- Saturday afternoon/night home games (get the community and friends attending)
- Bus transportation provided to all out of town games (excluding preseason).

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- Accommodation provided on all overnight trips by the team
- Website, Facebook and Twitter page dedicated to reporting the news of our team, our players and all team events.
- Standard Uniform Requirement (Black Gloves, Black Helmet (no bubbles), Black Pants/Shell)
- Equipment required includes OJL hockey bags, socks-home and away, team shorts and t-shirt, stick tape, skate sharpening. (included within the team budget).
- Jerseys will be an additional cost (approximately \$160 for 3 sets of jerseys – White, Black and Orange).
- Summer conditioning program (additional fee) and an intense preseason dry land session with Xplosive Edge.
- Home Arena – Ralston Arena – one of the finest facilities in the area and home to the 2014 USA Hockey High School Nationals.

Fundraising Program

To assist our players and their families with the financial obligation required to play for the Junior Lancers Program, we have established a fundraising program that provides the opportunity to earn most of their fees back.

Through the sale of advertising on uniforms, Junior Lancer website, season programs, arena banners, etc., 60% (Sixty) of all money raised will go back to the families, with 40% (Forty) going to the club to assist in the ongoing efforts to improve the program. In addition, the program will also run a firework stand on behalf of the Ralston Area Chamber of Commerce.

*** Please note that players will be required to fulfill commitments to visit schools, hospitals, retirement homes, and contribute to the betterment of the community through various charitable events and causes. The Junior Lancers want our players to develop and mature as young men who appreciate the opportunities they've been provided, and there's no better way to do that than to help others.*

Training Programs

The Omaha Junior Lancers program will hold a summer fitness training camp for returning and invited players that will meet two to three times per week during the summer. This will be designed to increase strength and fitness levels and instill a good work ethic within the individual. This will be a separate cost outside of the winter team fees.

The second training session will be a vigorous off ice training session to prepare for the season.

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The Home of the Junior Lancers

The Junior Lancers have teamed up with the Ralston Arena to provide the team with a fantastic facility to call home. The arena recognizes the Junior Lancers as a valued partner which allows us to offer our players a rewarding experience during their high school hockey playing career.



The Travel

For games that require travel, the Junior Lancers high school teams arrange bus service with Navigator Bus Lines, which provides the team with safety inspected, comfortable, DVD equipped transportation to and from applicable away games.

We do not use a volunteer or team official to drive the bus for the team, but rather we hire a trained and professional driver, whose only responsibility is to ensure the safe transportation of our team to and from the applicable away games.

Almost all of our bus trips for away games will fall on a Saturday reducing the impact on school activities. Our bus trips will be overnight sessions, being picked up at the Ralston Arena from the back entrance and returned at the same location. Travel by bus is covered by the team budget.

The Accommodations

For any applicable away game, the team will stay overnight in an approved host hotel. Players will be assigned roommates with four players to a room; the varsity coach will assign players and will notify the team on assignments once we arrive at the destination. The hotel rooms are covered from the team budget.

Coaching Staff - 2018/2019

Alex Euerle	-	Head Varsity Coach
Nick Harrahill	-	Junior Varsity Coach
Ben Johnson	-	Goalie Coach
TBD	-	Assistant Coach
Xplosive Edge	-	Strength and Conditioning Coach
TBD	-	Team Manager
Michael Hughes	-	Director of Hockey Operations

Game Day Staff - 2014/2015

TBD	-	Video Coach
Brian Hickey	-	Statistician and Clock
Steve Sempeck/Ryan Hoffman	-	Announcing and Music
TBD	-	Equipment Manager
UNMC	-	Athletic Trainer



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RALSTON ARENA

**OFFICIAL HOME OF THE OMAHA JUNIOR LANCERS
HIGH SCHOOL PROGRAM**