

# NEWSLETTER



The official newsletter of the Irish Youth Hockey League

OCTOBER 2023

VOL. 6

## UPCOMING EVENTS

- **October 3-** IYHL House and Travel Coaching Seminar
- **October 24-** 10U & 12U House assessments
- **October 25-** 8U & 14U House assessments
- **October 26-** 8U Select tryouts
- **October 27-** 10U, 12U & 14U Select tryouts

## CURRENT REGISTRATIONS

Register at these links:

House and Select registrations wrap up on October 15! Register ASAP!

- [House 6U](#)
- [House 8U](#)
- [House 10U](#)
- [House 12U](#)
- [House 14U](#)
- [Select and Jr. Shamrocks Registration](#)

## Junior Shamrocks?

Girls who play together, stay together. 54% of girls quit hockey before 10U, but by playing together on a tournament team at 8U, they will build the camaraderie girls seek and play the sport longer!

## IYHL in Action



## Is your bag packed?



- Mouthguard
- Elbow pads
- Skates
- Dark and light jersey
- Neck guard
- Helmet
- Shoulder pads
- Pants
- Two sticks
- Jock/Jill shorts
- Gloves
- Shin guards
- Socks
- Tape- clear and white
- Underclothing

## Coaching Corner



Come to Coach Lambert's coaching clinic on **October 3 at 7pm!** You do not have to be USAH certified to attend. This is an opportunity to learn more about what coaching is.

- If you are interested in coaching House League, please make sure to get all the criteria done. [Click here for more info.](#)
  - 2023-2024 USA Hockey Registration
  - USA Hockey Background Check
  - USA Hockey Safesport
  - USA Hockey CEP
  - Age-Specific Modules

[Learn how to dress a hockey player](#)

[Learn how to dress a goalie](#)

[More tips from USA Hockey can be found here](#)

**New to hockey?**

Have you listened to the Hockey Think Tank podcast? [Check out Episode 273](#)- How to start the season off hot for some awesome tips for players and coaches.



### Lessons from the Local Pros

TIPS FOR IYHL PLAYERS/COACHES FROM THE COACHES AT COMPTON AND THE ICE BOX

#### Ice Box:

Coaches, if you see players making the same mistakes during a drill, don't let that drill continue and then correct at the end. Stop the drill, explain/demonstrate what they are doing wrong, and then explain/demonstrate the right way. Resume the drill and allow them the opportunity to correct!

#### Compton:

Coaching has changed! It's not about meetings. It's not about long video analysis sessions with players. It's not about workshops. This generation of players do not care how much you know, how impressive your technology is or how much money you spend on training centres. They want - (and let's be honest it's what players have always wanted) - YOU - your time, your interest, your focus, your coaching! Coaching now - more than ever - is about your ability to build, sustain and grow meaningful, genuine, caring, authentic relationships with every player / athlete you coach AND achieving that through what I call TEN SECOND COACHING. Every opportunity you have to stop, be totally focused on one player - just for TEN SECONDS - grab it like it's the most important thing in your life. And for just that ten seconds, make everything about them - and you - and building a serious relationship. Ask them a question. Listen to the answer. Focus on them. If you do this every day - at every opportunity that presents itself - over and over and over - with every individual you coach - the cumulative effect of those thousands of ten second coaching moments will be so powerful that I promise something remarkable will happen.

## Your IYHL Board

### Executive Board



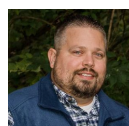
**President**  
Anne Clifford



**Vice President**  
Jay Rizzi

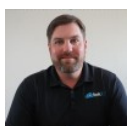


**Secretary**  
Brenna Payne



**Treasurer**  
Brandon Yates

### At Large Members



Jim Abercrombie



John Alcock II



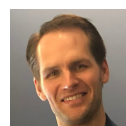
Dave Birchmeier



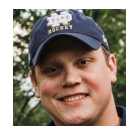
TJ Collins



Nick Dames



Tyler McGregor



CJ Owens

# 23-24 IYHL Sponsors

Thank you for supporting our teams

## Gold Travel Team(\$3,000).

- Justin Elias State Farm
- Rockwell Hockey

## Bronze House Team(\$600).

- 1st Source Bank\*
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- Custom Fence Company
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- Hockey4Life
- Industrial Door
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- Kendall Electric
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- LA Poly Inc.
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- Primary Care Partners of South Bend
- RWB Engineering
- South Bend Orthopaedics
- Steel Warehouse
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- Woodhouse Spa-Granger

*\*Sponsors two teams*

**INTERESTED IN SPONSORING? IT'S NOT TOO LATE! CLICK HERE FOR MORE INFORMATION.**