

# Learn to Play Hockey



**Winter 1: January 8 - March , 2019**

**Winter 2: March 5 - April 28, 2019—NO CLASS 4/21**

**Hockey Learn to Skate — Tue/Fri: 5:10-5:40pm**

**Jump Start — Tues/Fri: 5:20-5:50pm, Sun: 1:50-2:20pm**

**Hockey School — Tues/Fri: 5:50-6:40pm, Sun 2:20-3:10pm**

The RecPlex hockey staff would like to welcome you to our program. This packet will provide you with an overview of the program and will also serve as a guide for new hockey parents.

Hockey Learn to Skate, Jump Start & Hockey School are our entry level programs for aspiring young hockey players. Participants will learn the basic fundamentals of hockey which include: passing, stick handling, shooting and most importantly, proper skating. The primary goal is to develop the necessary skills required to play house league hockey. Detailed descriptions of each program level can be found on the next page.

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## Contact Information

Please feel free to contact the Ice Arena staff with any questions, comments or concerns.

### RecPlex Ice Arena

9900 Terwall Terrace  
Pleasant Prairie, WI  
262-947-3655

### Brian Luburich

*Ice Arena Director*  
262-925-6752  
[bluburich@pleasantprairiewi.gov](mailto:bluburich@pleasantprairiewi.gov)

### Tim Kinsman

*Hockey Coordinator*  
262-947-3622  
[tkinsman@pleasantprairiewi.gov](mailto:tkinsman@pleasantprairiewi.gov)

### Kelsey Twigg

*Ice Operations Supervisor*  
262-947-3623  
[ktwigg@pleasantprairiewi.gov](mailto:ktwigg@pleasantprairiewi.gov)

RecPlex Ice Arena 9900 Terwall Terrace Pleasant Prairie, WI 262-947-3655 [www.recplexonline.com](http://www.recplexonline.com)

Patriots House Hockey: [www.pleasantprairiehockey.com](http://www.pleasantprairiehockey.com)

Vipers Travel Hockey: [www.vipershockeyclub.org](http://www.vipershockeyclub.org)

# Program Descriptions

## **Hockey Learn to Skate**

Pre-req: None. Ages 2-8. This class is for brand new skaters with no skating experience. **Class focus:** Balance, beginner stride, getting up and down without assistance, beginner edgework, and entry level hockey skating skills. This class is a great fit for anyone looking to get into hockey that have little to no skating experience.

## **Jump Start**

Pre-req: Hockey Learn to Skate or ten hours of prior skating experience. Ages 3-8. **Class Focus:** Basic skating fundamentals. One foot push, one and two foot glides, basic edge work, skating stride, and single foot stops. Two sessions of Jump Start are recommended before moving on to Hockey School. Early placement in Hockey School is done at the discretion of the Hockey Director.

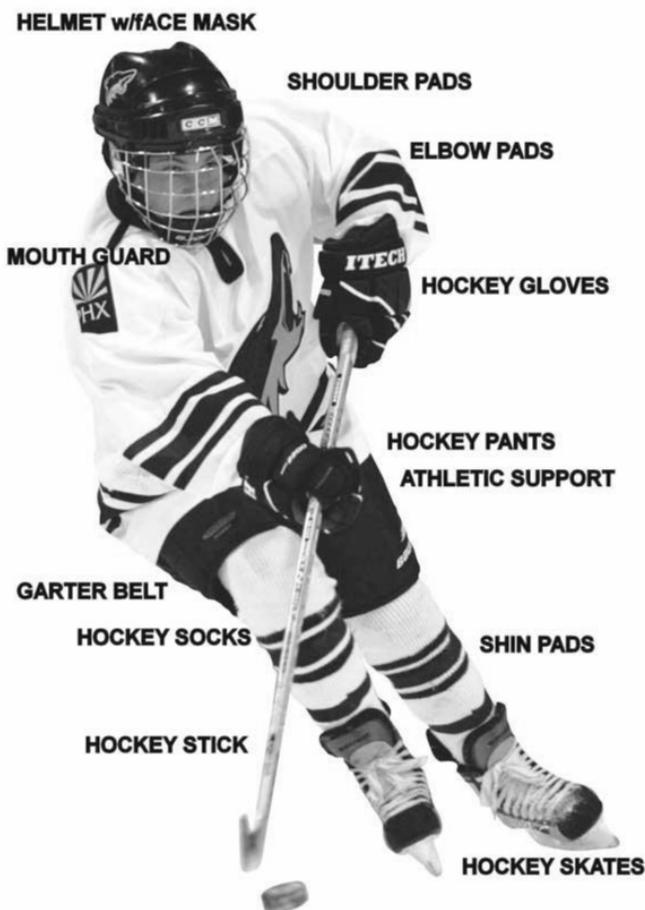
## **Hockey School**

Pre-req: Two sessions of Jump Start. Ages 3-10. Class Focus: Hockey related skills with an emphasis on developing the skills needed to better prepare each player for the transition to a hockey team. Two foot hockey stops, edge work, balance, transitions, crossovers, stride, backwards skating, and basic shooting and stick-handling skills. Two sessions of Hockey School are recommended prior to getting on a Patriots house league team. Early placement on a Patriots team is done at the discretion of the hockey director.

## Equipment Expectations

When purchasing and fitting hockey equipment it is important to make certain the player is adequately protected and to be sure the fitting allows freedom of movement so the player can properly perform the necessary skills. Here is a listing of required equipment for Hockey School participants:

- **Skates** - Purchase skates that will fit your child today with no more than a half size allowed for growth. Improperly fitted skates will hamper your child's ability to skate.
- **Helmet/Facemask** - Must be approved by the Hockey Equipment Certification Council (HECC).
- **Stick** - Length should generally extend from the ice to the players chin (with skates on). Quality and price differ greatly, so the choice is yours. Street hockey/plastic sticks are not recommended.
- **Shin Pads/Socks** - Shin pads should completely cover knee and shin.
- **Supporter and Cup/Pelvic Protector** - Essential protective equipment that is required. Another good alternative are hockey shorts that hold the cup and have Velcro to attach hockey socks.
- **Gloves** - Check for proper fit with good finger and hand mobility.
- **Shoulder Pads** - Should be snug around the chest when tightened.
- **Pants/Breezers** - Pants provide protection for the lower spine, hips and thighs. Suspenders may be used to hold pants up.
- **Elbow Pads** - Ensure that the straps secure the pad firmly to the elbow. Elbow pad size is intended to be the



### Village Edge Pro Shop

A complete set of hockey equipment can be purchased at a reasonable cost from the Village Edge Pro Shop; conveniently located at the RecPlex Ice Arena. You can contact Tim Kinsman for equipment fitting.

### Rental Equipment Available

Jump Start & Hockey School offers an equipment rental package available to program participants for a \$75 returnable deposit + a \$12 monthly fee. The \$75 deposit and 1st month's dues of \$12 must be paid up front. Rental forms are available at guest services.

The package includes all necessary equipment (helmet, gloves, elbow pads, shoulder pads, hockey pants, shin guards and bag) **except a stick**. Quantities are limited and availability is on a first-come first-serve basis.

# Ready to Hit the Ice

## Before Practice

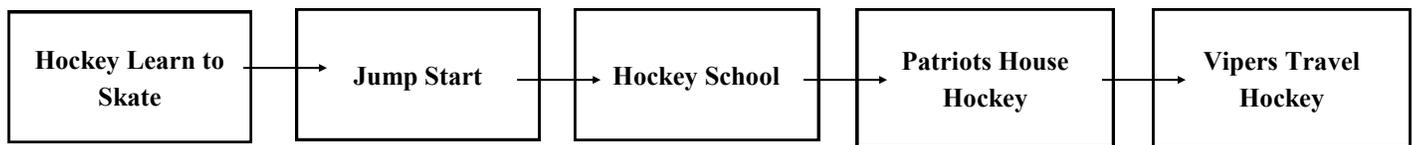
You may get your player dressed before you get to the rink, or players may dress at the rink. There is a TV located in the Ice Arena lobby that designates the correct locker room to use. We encourage the use of the locker rooms. Once dressed, program participants must wait until Zamboni doors are closed and Hockey School staff is present to enter the ice rink for their session.

## After Practice

Make sure that the pads and gear are left out to dry after each use. You may also want to clean the pads occasionally by hand washing with laundry detergent in a large sink or tub. Washable items include elbow pads, shoulder pads, shin guards/socks, gloves and pants/breezers. Baby shampoo is recommended for washing the inside of the helmet.

## The Future

Below is a flow chart to show the progression of a hockey player through our hockey programs. Once your child progresses through Hockey School, they will be ready for House Hockey. This program is aimed at preparing your skater for league play.



## Patriots House Hockey & Vipers Travel Hockey

### Patriots Hockey

Pre-req: Hockey School. Patriots Hockey is our house league program that focuses on player development, fostering the love of the game, and creating a platform for new and experienced players to be a part of a hockey team. Each team practices once a week, and has an on ice skills session every other week. Teams will typically play in one local tournament, and have a game each weekend throughout the season. The Patriots offer multiple teams at each age group. Teams are selected through an evaluation with the intent on keeping teams balanced and the skill level evenly distributed throughout each team. Games are played at the RecPlex and away games are against local competition in the North Shore Youth Hockey League.

### Vipers Hockey

Pre-req: One year of hockey playing experience. The Vipers Hockey Club is a tryout based travel hockey organization with its home rinks at both the RecPlex (Pleasant Prairie, WI) and RinkSide Sports (Gurnee, IL). Each team practices three times a week with two team practices and a skills session at BTE Hockey. Vipers teams will typically play 3-4 tournaments per season with 1 or 2 games each week. The Vipers Hockey club is for players looking for advanced development, and high level competition. This level of hockey is for players that already have hockey experience and are looking to quickly enhance their skills. The Vipers Hockey Club offers multiple teams at each age group and teams are tiered based on tryouts.

Additional information regarding our hockey programs available at:

[www.pleasantprairiehockey.com](http://www.pleasantprairiehockey.com) & [www.vipershockeyclub.org](http://www.vipershockeyclub.org)