



Northbrook Hockey Spring 2019 Program

Welcome to the Northbrook Hockey League Spring Development Program. NBHL will again offer travel and house league programs at the Squirt/10U (2009 and 2010 birth years), PeeWee/12U (2007 and 2008), and Bantam/14U (2005 and 2006) levels.

2019 will again stress skills and player development. Practices at all levels will focus on player development with emphasis on skating, stickhandling, shooting, and hockey skills.

Travel Program

- The Spring Travel Program is designed for players who intend to participate in the travel program in the fall of 2019.
- **Pre-season skills sessions (players must register before stepping on the ice for pre-season clinics)**
 - Bantam - MANDATORY checking instruction for 2006s and skills sessions for 2005s and 2006s
 - SQ and PW skills sessions (For Insurance Purposes, **2010 Squirts will register for pre-season skates through the Jr Spartans website – please see the Jr Spartans website for Squirt 2010 skills sessions**)
- **Try-outs** will be March 9~12
- **Practices** will be held during the week and will emphasize fundamental skills and game concepts. Skills sessions will be run by Directors/Coaches with attention to improving those core skating and hockey skills. These sessions will be complemented with game concepts, including scrimmages. Expect to be on the ice twice per week, combination of skills and scrimmage, and every other week (3 sessions) there will be 3v3 at each level
- **John Boulton** will return on March 13~17 to run skills clinics for each spring travel team
- 6 dedicated **goalkeeper training sessions**
- **Tournaments and games** – all travel players will play 10~12 games. Tournament play will be emphasized but additional games against Chicago area clubs will supplement tournaments.
 - Potential Tournament Dates (Depending on Level):
 - Krolak Cup 4/9~4/13 – Bantam 1 Only
 - My Hockey 4/26~4/28
 - Chicago Shootout 5/3~5/5
 - Glacier Invitational 5/14~5/19

Travel Program Prices

- Squirt Travel - Skater = \$650, Goalie = \$350
- Peewee Travel - Skater = \$650, Goalie = \$350
- Bantam Travel - Skater = \$750, Goalie = \$425 (includes checking clinics)
 - For those that make the Bantam Krolak Cup Team, an additional fee of \$225 will be charged for this tournament

Upper House League Instructional Program

The Upper House League Instructional Program is open to all players Squirt to Bantam (Birth Years 2005 - 2010). The program will consist of (1) skills, (1) team practice and (1) 3v3 session per week. If there are enough registered players at any level, there will be (6) games added in place of practices or 3 v 3 sessions.

Skills Sessions

Location: North Shore Ice Arena

Time: 7:20 or 8:20 sessions (based on age group)

Dates: Thursday nights (4/4, 4/11, 4/18, 4/25, 5/2, 5/9 and 5/16)

Practices

Location: Northbrook SportsCenter

Time: Friday nights or Saturdays

Dates: Weeks of 4/1, 4/8, 4/15, 4/22, 4/29, 5/6 and 5/13

3 v 3 Games

Location and Time: TBD

Dates: Sundays (4/7, 4/14, 4/28, 5/5, 5/12 and 5/19)

House Program Price

- Squirt House - Skater = \$525. Goalie = \$300
- Peewee House - Skater = \$525. Goalie = \$300
- Bantam House - Skater = \$525. Goalie = \$300 (This includes Checking Clinics)

Registration

- On-line registration coming soon at www.northbrookbluehawks.org