

# LIHA

## NEWSLETTER

### Breslow Camps and Clinics

#### **Goalie and Shooting Clinic**

June 5<sup>th</sup> – August 7<sup>th</sup>

Wednesdays

7:30 – 8:30 pm

*Skaters will focus on passing, shooting, puck handling, and shooting strategies.*

*Goalies will focus on crease movements, puck training, save techniques and puck handling.*

Ages 8 and Older

*No Sessions June 12<sup>th</sup> or July 3<sup>rd</sup>*

#### **Forwards and Defensemen Camp**

U14-U18: July 12-14

U8-U12: July 19-21

8am-4pm all 3 days, both weeks.

6 hours of on-ice and 5 hours of off-ice instruction.

\$150 per player

### Upcoming and Noteworthy Events in July:

Good afternoon everyone! This is your Hockey Director and I have the monthly newsletter ready for you. First off, let's get to some important events for the month of July.

- **Travel coaches to be announced!** Within the next couple of days the travel coaches will be announced, and the Bantam Travel team will be holding their tryouts mid-July. Pee Wee and Squirt travel teams will be having tryouts between the times of late July and mid-August. Depending on availability of ice, the tryout dates will be announced after the coaches have been selected and notified!
- **New Camps/Clinics at Breslow!** In the coming weeks we will be holding a Forwards and Defensemen positional camp. The camp is designed to help players develop and refine skills needed to play positional hockey in any team system. This would be a very important camp to get your players into considering how important positioning is, and how it affects the rest of your game! Another new camp we will be holding is a body contact camp on the 15<sup>th</sup> of July. 14U will be taught checking techniques (giving and receiving), while the 10U & 12U will be taught body contact techniques (body position with contact). This

Free for Goalies

*Camp is designed to help players develop and refine skills needed to play positional hockey in any team system.*

### **Body Contact Camp**

July 15<sup>th</sup>: 5-7:15 on-ice

\$50

14U and up will be taught checking techniques

10U & 12U will be taught body contact techniques

### **Learn to Play Hockey Classes**

Summer 2 Session

July 11<sup>th</sup> - August 22<sup>nd</sup>

\$96 (6 weeks)

Thursdays – 6 – 7:15 pm

Program Details:

- Youth and Adult Classes offered
- Must have passed Basic 2
- Pro-rated late starts are welcome
- Required Gear: Helmet, elbow pads, gloves, hockey pants, shin pads, stick & skates.
- Gear available upon request
- \$5 off each additional family member
- **No Class July 25<sup>th</sup>**

severely cut down on injury, and better learn how to protect themselves, and competitors!

## **Important Updates Regarding Safesport**

There are several changes to the SafeSport Training requirements, as required by federal law and the Center for SafeSport (from the USA Hockey website):

- a. SafeSport Training is required for all adults that have regular contact with minors which, as explained more fully below, includes adult-aged players on the same team with minor athletes.
  - b. **Beginning this season**, SafeSport is required every year rather than every other year (however, anyone who completed training in the most recent season (2018-19) will retain valid training status for 2019-20, and will complete training annually beginning in 2020-21).
  - c. A person must first take the course known as “Core Center for SafeSport Training,” which is taken online and takes approximately 90 – 120 minutes to complete. After that a “Refresher Course” is available each subsequent year for a person that has completed the Core Center for SafeSport Training. The Refresher Course takes 30 minutes or less to complete. There is no cost to members of USA Hockey to complete either training course.
  - d. Training must be completed before a person begins having regular contact with minor athletes, or if they do not have regular contact with minors, no more than 45 days after beginning the role that requires them to complete training.
4. Training for Players Seventeen (17) and Over in Age Classifications that Allow Minor Age Players. To ensure that **all adult-age players on the same team with minor athletes** comply with the law, (i) all players 17 years of age or older on or before December 31 of that playing season, and (ii) who play on a team in a classification that allows minor-age players, must complete SafeSport Training before being added to such team and prior to participation (on-ice or off-ice). This requirement applies to all teams in the age classifications Youth, Girls, High School, Junior Hockey, Flex Hockey and Disabled Hockey programs that allow both minor-age and adult-age players, and to officials who are turning 17 before December 31. Players and officials that complete the training prior to turning 18 will be required to provide parental consent.

### ***Girls Only Learn to Play Hockey Free!***

July 27<sup>th</sup>

2:45-3:45pm Equipment Sizing

4-5pm On-Ice

### ***Try Hockey for Free***

August 24<sup>th</sup>

Sizing: 10 – 11:30 am

On-Ice: 11:30 – 12:30 pm

All Ages are encouraged!

### **Adult Breslow Events**

#### ***Adult Advanced League***

\$259 per Skater

\$100 per Goalie

April 14<sup>th</sup> – August 25<sup>th</sup>

Includes 15 games and jersey

Sunday Evenings

*(May be pro-rated since season is 5 games in)*

### **Private Lessons at Breslow**

#### **Thursdays**

7:30 – 8:30 pm

#### **Sundays**

9:00 – 10:00 am

**Cost:** \$50/hr or \$30/ half hr

(Prices may vary depending on the instructor)

(Lessons are also allowed during all stick and puck times)

### **Players Daily Drills and Workouts**

This month, instead of posting a stickhandling video, I'm going to post a link of a video of "Coach Zach" at 247 Hockey on youtube. He made a good video explaining the importance of using your top hand while stickhandling. The top hand (hand you hold your stick with near the end of the stick) should be used as your main control hand. The bottom hand, is used as a "guide" while stickhandling, and shouldn't have as much pressure on it, as most hockey players probably have. In the video, Coach Zach, talks about using a toilet paper roll while stickhandling. You want to slide the cardboard roll on your stick and grip it with your bottom hand. While doing your stickhandling workout, use this toilet paper roll to help you slide your hand up and down the stick without gripping too hard. This will help you produce and develop the feeling of using your top hand more, and letting you control the puck more freely and with more control. Another item that works well, would be a PVC pipe, or any other cylindrical tube that slides up and down the shaft easily. Once you master this addition to your stickhandling drills, you'll notice a drastic improvement on-ice with your puck control!

<https://www.youtube.com/watch?v=vcwACuZfOyY>