



The Pride in Print...

August 2011

A publication of the Mosinee Hockey Club, Inc. written and published by MHC, Inc., PO Box 214, Mosinee, WI 54455 • Communication to our members.

2011/2012 Registration

**Thursday, September 8th & Monday, September 12th
held at Mosinee High School Library 6:00 – 8:00 pm**

Mandatory Online Registration
www.usahockey.com

Be sure to open the link to your confirmation page, print a copy and bring to registration.

Please fill out both sides of form in Registration Packet enclosed

For anyone that is not able to register online before coming, we will have computers at registration with internet access for you to register online. You will need to bring your credit card/debit card along. *If at all possible, please find means to register online before coming to registration, so we don't have a long line waiting to register.* Enter through the Creske Center Lobby.

Any questions, contact Amy @ 715-693-8722

Congratulations to the following LTS participants, you have graduated to the next level in hockey:

Ross Bittner,
Ryan Ellis, Claire Selenske, Cole Holtz, Thomas Ruthie, Alex Kyhos, Ben Lardinois

ADM Mite Program

PLAYING RULES

When you first get on the ice you would allow a 4 minute warm-up and then drop the puck.

Each team is allowed no more than 10 players per team (preferable 6 plus a goalie).

You play 6 10 minute mini games which means that you would play each team twice for 10 minutes.

You allow 2 minutes from the end of the game to the start of the next game.

You change on the fly every 60 seconds. Players can't enter play until the player he is replacing is over the barrier. When the goalie freezes the puck the attacking team must retreat to the neutral zone before they can pressure the puck again.

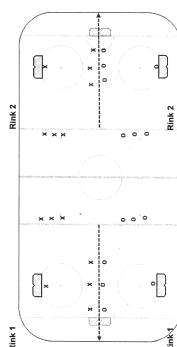
When goals are scored the team that scored must retreat back to their half of the ice and are not allowed to pressure the puck until it crosses the center line. The team that was scored upon has 10 seconds to move the puck up ice before the opposing team can attack on the other half of the ice

Player infractions (penalties) would be imposed on the next line change making them skate with 2 players for the next 1 minute shift.

Associations would allow 1 hour 30 minutes for games just like we do now for Mites and Squirts.

Game Schedule:

- Game 1--Team #1 vs Team #4 on Rink 1 and Team #2 vs Team #3 on Rink 2
- Game 2 --Team #4 vs Team #3 on Rink 1 and Team #1 vs Team #2 on Rink 2
- Game 3--Team #1 vs Team #3 on Rink 1 and Team #4 vs Team #2 on Rink 2
- Game 4 --Team #1 vs Team #4 on Rink 1 and Team #2 vs Team #3 on Rink 2
- Game 5 --Team #4 vs Team #3 on Rink 1 and Team #1 vs Team #2 on Rink 2
- Game 6--Team #1 vs Team #3 on Rink 1 and Team #4 vs Team #2 on Rink 2



USA HOCKEY		Practice: 11 & 12	Theme / Goals: Skill Development/Fun
Equipment Required / Set-up: Borders, Four Nets, Ice Marker		Ice Time: 50 Minutes	
Warm Up: Free Play – 5 minutes Let the players have the first five minutes of time as free play. Dump as many items as possible onto the ice and let kids experiment. (ringette rings, blue pucks, black pucks, softballs, tennis balls, etc.) Coaches set up stations.			
Stations: 6 Stations x 6 minutes On the whistle to change stations the players do one 360 jump to the right and one to the left before moving on to the next activity. Coaches distribute water at each station as players arrive.			
Station 1: 1v1 Pit Game X2 Players compete 1v1 in a tight space scoring on opposite goal. Coach continually spots puck into play when a goal is scored. Variation: score on either net.			
Station 2: Edges Around Sticks Players drop stick length wise in front of them. Inside edge around stick, outside edge around stick, 2 laps inside edge around stick, 2 laps outside edge, inside edge figure 8, outside edge figure 8, 2 foot side jumps over stick, 1 foot side hop over stick. Perform all exercises on both right and left feet.			
Station 3: 1v1 Keep Away & Passing Players play 1v1 keep away in zone. On whistle to rest, players stationary pass to each other. Pass cross body and sweep puck. Forehand, backhand, bullet pass (hard as possible).			
Station 4: Give Away Game Players split into 2 teams with one team on each side of the line. Players must stay on their own side. The players attempt to shoot as many pucks as possible into the other team's zone. On the whistle to end the game the team with the fewest pucks in their zone wins. Dividers can also be used as the line in the middle so the players must lift the puck.			
Station 5: Cross Overs Right & Left Cross over skating technique to both right and left. Keep stick under control and to the inside.			
Station 6: Skating & ABC's Skating Technique and ABC's – Step over stick, stick through legs, drop to knees, drop to knees 360, log roll to left/right, run on skates forward, butt to heels glide, inside edge swizzles, swizzle into jump feet together, single leg stride left/right.			
For more practice plans in the 8U Mite progression see www.admkids.com			
Game: Full Ice Glove Tag (9 Min) Players must skate the length of the ice without getting hit by a glove thrown by the coaches. If the player can catch a glove before it hits the ground, they have a free pass to opposite end. Tagged players wait along the boards.			
Coaching Tip: Yell at me I will resent you Pamper me I will not respect you Encourage me I will never forget you			

1ST ANNUAL ARCHERY SHOOT

September 10th, 2011 • 9am-1pm

Mosinee Sportsman Alliance
720 County Road B • Mosinee**\$20 for Adults 13 & Up**
\$10 for Children 12 & Under
Fee includes Lunch and
1 Round of 22 Station 3D Shoot***Prizes Awarded • Drawing at 1:00pm**

*Matthews Adrenaline Bow

*Stoeger 3 1/2 inch pump 12g *T/C Impact Black Powder

This will be a great fundraiser for United Way and our new floor system. **Volunteers needed**, if you are willing to help out, please contact Jason at 920-373-2371.

Important Dates

Mandatory Parents Meeting:

Date and Time To Be Announced, we are going back to having a group parent meeting that at least one parent **will be required** to attend.

Ice Available for use: Monday, October 1st**Hockey Appreciation Night:** Monday, October 17th**Learn-to-Skate Equipment Handout:**

Sunday, October 23rd from 3-5pm

HDC Clinic: (2nd year LTS are invited)

ADM Mite & Squirt: Monday, October 24th – 27th

Tryouts this year for SQUIRTS only:

Dates: Nov. 1st from 5:15pm – 6:45pm and

Nov. 3rd from 5:15pm – 6:45pm.

HDC will grade the ADM Mites.

Practices Begin:

PeeWee and Bantam: Monday, October 24th

Learn-to-Skate: Sunday, November 6th

Games will start:

PeeWee & Bantam: Saturday, November 5th

Squirt: Saturday, November 12th

Team & Individual Pictures: Sunday, November 13th**Home Tournaments Scheduled:**

Midwest Freeze: December 29th–January 1st

Squirt B: January 28th–29th

Girls U12 or U14: February 18th–19th

PeeWee A: March 3rd–4th

Mite Jamboree: March 10th–11th

Practice Recommendations:**LTS** 1 practice/week, Sunday 4pm-5pm**ADM Mite** 1-2 practices/week**Squirt & Up** 2 practices/week

Registration/Ice Fees

Learn-to-Skate: First Year: \$50; Second Year: \$75**Mite ADM:** \$200 Total (\$160 to MHC + \$40 to USA Hockey On-line Reg)**Mite ADM Additional Family Players:** \$120 Total (\$80 to MHC + \$40 to USA Hockey On-line Reg)**Squirt Travel & Up:** \$300 Total (\$260 to MHC + \$40 to USA Hockey On-line Reg)**Squirt & Up Additional Family Players:** \$170 Total (\$130 to MHC + \$40 to USA Hockey On-line Reg)**Ice Rental Fees:**

Residents: \$85/hour without refs, if for a game

CW Storm HS: \$75/hour

Non-Residents (of Mosinee School District):

\$110/hour without Refs (*more w/Refs)

Captains Practice: \$ TBD /hour for team with the players registered with USA Hockey.**End of Season Party:**

• Learn-to-Skate will be awarded a trophy or medal and a parent/child get together at the rink.

Tournament Fees:

• up to \$500/team for 1 away tournament, no money given back to team if fee is less than \$500.

Raffle Tickets

\$100 deposit, Check or Cash, will be collected at the time of registration.

***If paying by check, need separate check from Registration Fee.**

Checks will not be deposited until the Drawing held on January 1st, 2012.

The deposit is used to purchase a families first five raffle tickets.

Turn in the five tickets you have sold, keep the \$100 from the sale and you are even.

More tickets will be available to sell along with incentives. If taking more than your required 5 tickets to sell, you do not have to pay up front for the extra tickets you are going to sell.

More tickets are available from Minnow

715.693.1679

www.mosineehockey.com