

Learn to Skate and Scooters Program Handbook



2011-2012 Hockey Season

REDWINGS

Hockey Organization

Welcome to the Redwing Hockey Organization!

The Redwings Hockey Organization (RHO) has a strong commitment not only to our player development, but also in developing integrity and character in our all our players. We provide opportunities for our players to develop their hockey skills in a fun and safe environment.

Our organization ensures that players learn the fundamentals of hockey as well as the life-long lessons of teamwork, good sportsmanship, respect for authority and self-discipline, all the while staying physically fit. Parents and players enjoy the quality time spent with their own families, classmates, teammates and life-long friendships.

RHO would like to invite you to join our team! Players, Spectators, Sponsors and Volunteers are always welcomed!

Redwings Hockey Organization is composed of Learn to Skate, Beginner Hockey (Scooters), House, Travel and Competitive Divisions. It is our mission to provide opportunities for enjoyment and skill development for players at all levels, interest and talent.

On behalf of all the players, coaches, and families, we would like to extend a very warm **WELCOME** to the Redwings hockey family!

We hope that you and your player enjoy our program.

Sharon Scodius
LTS and Scooter Coordinator
Redwing Hockey Organization
Its@redwinghockey.com

LEARN TO SKATE AND SCOOTERS **SCHEDULE**

FALL 2011 SESSION

September 6th - October 29th

Learn to Skate - Tuesdays 5:00-5:40 or Saturdays 10:20-11:00

Scooters - Tuesdays 5:40-6:30 AND Saturdays 11:00-11:50

WINTER I - 2011-12 SESSION

November 2nd - January 21st

*No classes 11/22, 11/26, 12/13, 12/17, 12/20, 12/24, 12/27, 12/31

Lean to Skate - Tuesdays 5:00-5:40 or Saturday 10:20-11:00

Scooters - Tuesdays 5:40-6:30 AND Saturdays 11:00-11:50

WINTER II - 2012 SESSION

January 24th - March 17th

Lean to Skate - Tuesdays 5:00-5:40 or Saturdays 10:20-11:00

Scooters - Tuesdays 5:40-6:30 AND Saturdays 11:00-11:50

SPRING 2012 SESSION

April 3 - May 26th

*No classes (TBD)

Lean to Skate - Tuesdays 5:00-5:40 or Saturdays 10:20-11:00

Scooters - Tuesdays 5:40-6:30 AND Saturdays 11:00-11:50



REDWINGS
Hockey Organization
P.O. Box 393, Barrington, IL 60011-0393
Its@redwinghockey.com

LEARN TO SKATE AND SCOOTERS REGISTRATION

Session (circle applicable): **Fall** **Winter I** **Winter II** **Spring**

Name: _____ **Date of Birth** _____

Parent/Guardian Name: _____

Home Phone: _____

Cell Phone: _____ **Contact Name:** _____

Cell Phone: _____ **Contact Name:** _____

Address: _____

Email: _____
(Needed for event and program updates)

USA Hockey Registration Number: _____

A current USA Hockey number is mandatory for all skaters (www.usahockeyregistration.com)

Learn to Skate - \$189

Scooters - \$289

Payment Method: **Check#** _____

MC/VISA: _____ **Exp:** _____

Name on Card: _____

RELEASE AND HOLD HARMLESS AGREEMENT: Please read this form carefully and be aware in registering yourself or your minor child/ward for participation in the above program/programs, you will be waiving and releasing all claims for injuries you or your minor child might sustain arising out of the above program/programs. I recognize and acknowledge that there are certain risks of physical injury to participants in the above program and I agree to assume the full and entire risk of any injuries, damages or loss, regardless of severity, which I or my minor child/ward may sustain as a result of participating in any or all activities connected or associated with such program/programs. I agree to waive and relinquish all claims I or my minor child/ward may have as a result of participating in the program against the Redwings Hockey organization, Advanced Power Hockey LLC, the Barrington Ice Arena LLC and any of the officers, agents, member, servants and/or employees of the mentioned entities. I further agree to indemnify and hold harmless and defend the Redwings Hockey Organization, Advanced Power Hockey LLC, the Barrington Ice Arena LLC and any of the officers, agents, members, servants and/or employees of the mentioned entities from any and all civil claims resulting from injuries damages or losses sustained by me or my minor child/ward arising out of, connected with, or in any way associated with the activities of the program/programs. In the event of any emergency, I authorize officials of the mentioned entities to secure from any licensed hospital, physician and/or medical personnel any treatment deemed necessary for me or my minor child/ward's immediate care and agree that I will be responsible for payment of all medical services rendered. I have read and fully understand the above Program Details, Waiver and Release of All Claims and Permission to Secure Treatment for the above named participant.

Name of Participant _____

Signature of Parent/Guardian _____ **Date** _____

LEARN TO SKATE - GENERAL SKILLS

The primary focus of Learn to Skate 1 and 2 is to get the new player comfortable on his or her skates and learn some basic skills in the process. **Balance** and **edge work** are the two main focuses early on in development, with stopping becoming the most important skill when moving out of Learn to Skate 2. Players will learn the importance of bending their knees and keeping their balance. Training bars are available for Learn to Skate 1, but not encouraged.

Below are the main focuses and goals of Learn to Skate 1 and 2.

LEARN TO SKATE 1 “BEGINNER BUDDIES”

- Sit on Ice and Stand-up
- Proper stance
- Forwards across Ice without falling
- Dip or squat while skating
- Forward Swizzles
- Snowplow stop
- Two footed jumps standing still

LEARN TO SKATE 2 “AWESOME ATOMS”

- Proper backward stance
- Backwards across ice without falling and proper stance
- Forward and backwards “C” cuts - both feet
- Backward Sizzles
- Two foot Hockey Stops
- One foot glides, each foot for 10 feet
- Gliding turns in both directions
- Forward Slalom
- Lateral crossovers, walking in both directions
- Two footed jumps with balance and control

SCOOTER SKILLS

Scoters is the first step in learning to play hockey. Basic skills from Learn to Skate will be applied to Scooters, along with beginning hockey skills. In Scooters, **all players are required to have full hockey equipment**. Helmet, gloves, elbow pads, shoulder pads, breezers (pants), cup, shin guards, skates, and a stick are all mandatory in Scooters, as the players will begin working with pucks and also begin scrimmaging.

The focus and goals for scooters are:

- Forward “C” cuts, one foot at a time, left then right
- Hockey power turns, both directions
- Backwards skating with speed and backwards V stops
- One foot pushes around circle, both directions
- One foot glides, left and right feet, in between blue lines
- Two foot jumps with speed, blue line, red line, and blue line
- Beginning crossovers around circles, both directions
- Forwards crossovers with speed
- Up/Downs, while moving, quickly and in control
- Backwards one foot glide, both feet, for 10 feet
- Inside edge skating
- Pivoting from forward to backwards, with speed and picking up the feet
- Making and receiving a pass with control
- Skating length of ice controlling puck without losing control, with speed
- Skating into the slot from red line and taking a wrist shot to score a goal

We have a limited amount of rental equipment bags that are available.

(A \$50 deposit is required.)

Rental equipment does NOT include skates, stick, or a cup!

Please talk to Sharon if you are interested in renting equipment.

LEARN TO SKATE AND SCOOTERS FREQUENTLY ASKED QUESTIONS

If my child is interested in hockey, where do they start?

Learn to skate is where you start. Once they have learned the basic skating skills they move to Scooters where they start to learn the basic skills of hockey.

My child is older, is it too late to learn?

Absolutely not. All ages are welcome. Students will learn at different rates and age does not matter.

Can I make up a class?

Yes for LTS. There is no make-up time for Scooters. Speak with your child's coach to make arrangements.

Do I need a helmet?

YES! Helmets are mandatory. At the Learn to Skate level bike helmets are just fine.

Do I buy or rent skates?

We suggest that if you don't already have your own skates, that you use the skates at the rink. This is a great alternative for fast growing little feet.

If I buy my own skates where do I get them from?

Sports resale shops have a decent selection of used skates. Many rinks in the area have pro shops that sell new and used skates or you may visit a local sporting goods store.

What size skates do I get? How do I know if they fit right?

Generally, you use skates one to two sizes smaller than your shoe size. When selecting skates, it is important to find a pair with proper ankle support. Hold the skate by the top and turn sideways. If the foot and blade bend toward the floor this is not enough support. New hockey skates do not come sharpened. Please get them sharpened before class.

LEARN TO SKATE AND SCOOTERS

FREQUENTLY ASKED QUESTIONS (cont.)

How will I know how my child is doing?

Your child's instructor will keep track of progress of each child. If you have any questions we encourage you to speak with the instructor after class regarding the progress of your child.

Does it take exactly one session to progress to the next level?

Advancement depends on the strengths of the individual student. We do require students to demonstrate mastery of all skills at your skating level before going on to the next level.

What equipment do I need to for Scooters?

You will need to get full equipment for your child. Under USA Hockey rules, players are required to wear an approved helmet with face mask, mouth guard, neck-guard, shoulder pads, hockey pants (breezers), shin-guards, elbow pads, gloves, athletic cup, skates, and stick. We do have a limited number of hockey equipment sets available for rent.

My skaters ankles seem to roll to the inside, is this ok?

This will correct over time as the skater gains skill and strength. Skates should fit more snugly than shoes and a proper fit will help minimize this. When putting on skates, tap the heel on the floor several times to make sure the heel is firmly set in the back of the boot then tighten the laces from the bottom up. Avoid wrapping the laces around the ankles as the heel needs to come off the bottom of the skate slightly to obtain the proper knee bend, stride and form.

What hand stick will my hockey player need to get?

A straight blade is typically best for beginning players. This allows them to select the most comfortable shooting position as they learn. As a general rule, if you player is predominantly right handed they will shoot left, and vice versa for predominant lefties.

CONTACT INFORMATION

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Please remember that all coaches and board members are volunteers.