



WEST HARTFORD WOLVES NEWSLETTER

www.westhartfordhockey.com

LEARN TO PLAY | MITE DEV | HOUSE REGISTRATION IS NOW OPEN

All three programs are for kids 8 and under and teach the basic skills for beginner hockey players. Sign up and let your friends know!

LEARN TO PLAY:

SESSION #1 (OCT - NOV)
10/19/2024 - 11/24/2024

SESSION #2 (DEC - JAN)
12/07/2024 - 1/12/2025

SESSION #3 (JAN - FEB)
1/18/2025 - 2/23/2025

DEVELOPMENT:

SESSION #1 (OCT - NOV)
10/19/2024 - 11/24/2024

SESSION #2 (DEC - JAN)
12/07/2024 - 1/12/2025

SESSION #3 (JAN - FEB)
1/18/2025 - 2/23/2025

HOUSE:

10/19/2024 - 02/23/2025

IMPORTANT CHC REMINDERS

Reminder from the Connecticut Hockey Conference: All players are mandated to wear neck guards in practices as well as games, and players at the Pee Wee level and above must wear mouthguards in games.

Game officials will be enforcing these rules.

WOLVES CAR MAGNETS

Wolves car magnets are available for purchase for \$5, with a portion of the proceeds benefiting WHYHA. For more information, contact your team manager.



TRAINING TIPS

In this month's Training Tips, IHS coach Ben Eaves goes over the keys to a good saucer pass.

FOREHAND SAUCER PASS



CHC GOALIE DEVELOPMENT

The Connecticut Hockey Conference recently hosted a goalie development "parents edition" zoom call, during which parents were provided information on goalie development at-home training tools, professional goalie coaching, and other development resources. These slides contain details on all the subjects covered during the call, as well as useful links (below) to many of these resources. For more information, contact goaltending development coordinator Matthew Allatin.

CHC Goalie Development YouTube Channel

- <https://www.youtube.com/@CHCGoalieDevelopment>

Goaltending Basics

- <https://www.centralcthockey.org/coaching-resources/goaltending-basics/6333>

USA Hockey Goaltending Website

- www.usahockeygoaltending.com

InGoal Magazine

- <https://ingoalmag.com>

Professional Coaching - several options within CT

- <https://www.clearsightdevelopment.com>
- <https://www.ctcrease.com>
- <https://www.procreasegoaltending.com>
- <https://www.primegoaltending.com>

At Home Training - there are a variety of off-ice training tools kids can use - identify your goalie's interest in the position before introducing them (slide boards, VR Training/NHL Sense Arena)

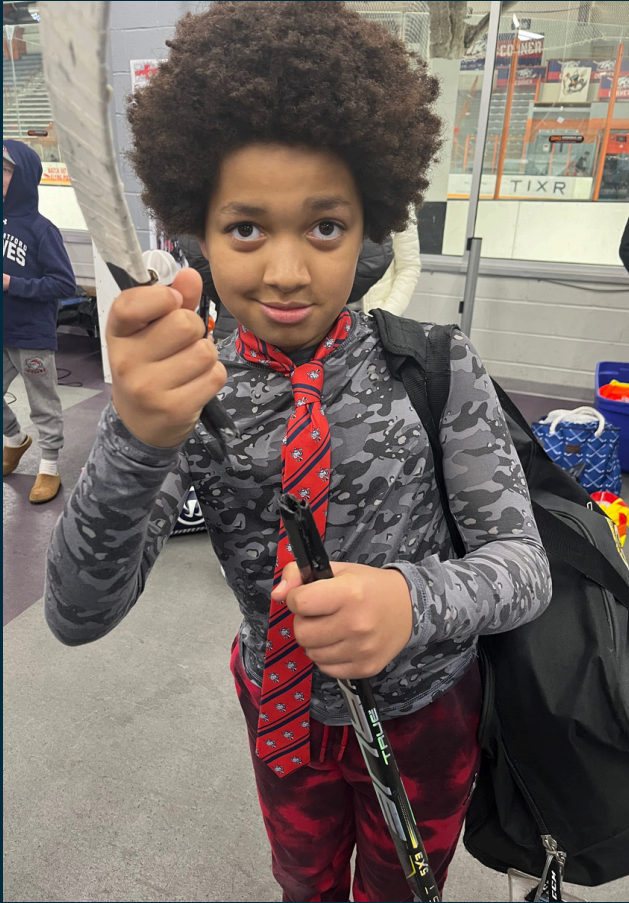
USA Hockey National Goalie Symposium Highlights

- Hip Health - <https://www.goalietrainingpro.com>
- Cognitive Training - <https://allainmentalperformance.com>
- Mental Health - <https://liftthemask.com>



MEET A PACK MEMBER

Justice Owusu, D, Squirt A



Age/School: 10/Annie Fisher Montessori

How long have you been a Wolf?
Since I was 4 in Learn to Play

Who's your favorite NHL team? (If you don't follow the NHL, what's your favorite sports team?)
Rangers

What is your favorite snack food?
Chips – barbecue

What is your favorite hobby?
Video games

What is your favorite class in school, and why?
PE or Math

How did you become interested in hockey? Did either of your parents play, or an older sibling?
IMy older brother played (Wolves LTP) and we made a deal that I had to try hockey (for at least a year) and I had to try soccer. Neither of my parents played, but my aunt, both uncles, and all of my cousins play.

What position do you play? What do you like the most about that role?
Defense. I like how I get to shut people down and skate the puck up the ice.

What other sports do you play? How do those sports make you a better hockey player?
Soccer (helps me work my legs and get better endurance).

If you could do ANYTHING you wanted for one day, what kinds of things would you do? What would that day be like?

I would go to a trampoline park, I'd want to get a bunch of CANDY. And meet my favorite soccer and hockey players (Mbappe and Igor Skieithehekin) That would be a fun day!

What do you love most about playing hockey?
Being able to play with my team, have fun, WIN and meet new people!