



Family / Player Manual

Revised August 2025



The **Vikings Youth Hockey Club (Vikings)** welcomes your family to this season, and we are excited you have chosen the Vikings for your child's youth hockey experience! The goal of the Vikings is to offer an enjoyable hockey experience wherein youth have fun, learn about the game, test themselves in friendly competition, and grow through teamwork and sportsmanship.

This manual has been provided to serve as a guide for parents, team managers, players, and coaches of the Vikings. Please consult this manual first if you have any questions about how our club operates. Please reach out to your team manager or coach with any questions that can't be answered through this manual, or with any concerns or suggestions you have. Questions or concerns that cannot be addressed at the team level regarding hockey should be directed to Nick Pollos, the Vikings Hockey Director at vikingshockeyhd@gmail.com any administrative questions that cannot be addressed at the team level should be directed to any of the following listed board members.

We look forward to a great hockey season!

The Vikings Board of Directors

Andrea Joy, President, Website and Spirit Wear Coordinator vikingshockeypresident@gmail.com

Mike Bulow, Vice President, CSDHL and NIHL Representative bulowmic@gmail.com

Georgette Kristin, Treasurer kng514@comcast.net

Kate Samas, Secretary katies809@yahoo.com

Justin Roney, Registrar opvikingspuck@gmail.com

Gina Finney, Participation Coordinator ptgina03@gmail.com

Lauren Battistoni, Social Media and Communications laurendavis@gmail.com

Keith Kobelt, Sponsorship and Fundraising Coordinator keith.kobelt@gmail.com

Dave Condon, Assistant Registrar referee3124@yahoo.com

Player Fees

Registration

All players must register online and pay the registration fee in order to try out and be placed on a team. The registration fee is \$299, with discounts available for registering early.

This fee is non-refundable once you have completed the registration process.

Team Placement

Team placements will be made immediately after tryouts conclude. The Hockey Director will send an email to all players selected for a team, and families will have a short period of time to accept their placement and complete their financial arrangement.

Payment Options

1. Payment in full via credit card
2. Pay in full when accepting team placement and receive a 7% discount.
3. Monthly Payments - make the first monthly payment when accepting team placement, and then make five additional monthly payments during the season.
4. Goalies receive a 35% discount (Squirt-Midget) 50% (Mite)

** Special arrangements can be made in advance by talking with Georgette Kristin, Vikings Treasurer*

Season Fees

Mite	Squirt	Pee Wee	Bantam	Midget
\$3,950	\$4,975	\$5,295	\$5,510	U16 \$6,355 U18 \$6,565
Mite goalies receive a 50% discount	Squirt, Pee Wee, Bantam and Midget goalies receive a 35% discount.			

- *Families with multiple Vikings' travel players will receive a \$125 discount per child in the family.*

Participation Hours and Fee

Viking families are required to volunteer 6 hours per family to help the club. The club collects a \$500 participation fee from each family via check, and destroys the check once hours are completed. Checks are cashed on February 1st if hours are not completed. Families can complete their volunteer hours before the season begins by assisting with the spring program, summer program, or at tryouts. This volunteer list is under the DIBS tab, on the Vikings website. Families that complete hours prior to the season do not have to pay the \$500 fee. All family members may still be asked to serve as a scorekeeper/clock/music/box during the season. Managers will collect a \$500 check at first the practice unless you have completed all hours before the start of the season.

Injury Credits

Viking players who are injured and miss more than four (4) continuous weeks can receive an injury credit of \$350 (goalies \$225) for the time missed. The credit increases by \$85/week after four weeks (goalies \$60/week). An injury report must be submitted online and approved by the Treasurer.

Season ending injury credits are computed as follows:

Start of Yr. - Sept. 30	Oct. 1 - Oct. 31	Nov. 1 - Nov. 30	Dec. 1 - Jan. 15	After Jan. 15
75% reimbursement	60% reimbursement	40% reimbursement	20% reimbursement	Regular injury credit

Collecting Money

The Vikings do not allow any team "slush funds".

Sponsorship

The Vikings provide families the opportunity for families to reduce their fees through corporate sponsorship. The player receives 75% of the sponsorship they receive towards their fees, with 25% going to the club. We do not allow individual team fundraising.

Additional information about sponsorship opportunities can be found on our website when updated for the 2025 season.

Uniforms and Appearance

Equipment Appearance

All players rostered on a current Vikings team are required to have the following equipment requirements met before their first game:

- All players must wear a black helmet.
 - Only Vikings helmet decals and numbers are allowed on helmets. These will be provided to each new player by your manager.
- All players must wear Vikings Athletic Knit shells (squirt-midget)
- All mites will wear black hockey pants-shells are optional
- All players must wear predominantly black gloves.
 - White and or gray trim colors are accepted OR
 - Purchase custom Bauer Vikings gloves.
- All players must use a Vikings equipment bag. Bags from other clubs are not allowed. Bags may be purchased in the Arctic Pro-shop. Multiple sizes are offered small through goalie sizes.



Warm-ups and Dress Code

Each coach will communicate his/her expectations for the player dress code. Typically, black Vikings polos and either tan or black pants with a Vikings Bauer warm up jacket or Vikings Bauer winter jacket is expected. Your Coach will communicate with you after team placement.

Vikings warm-ups are sold through Jerry's Hockey and spirit wear is sold on our website through Eich's Sports in Lemont or Plainfield for pick-up or home delivery. Players may size for Bauer warm-ups at Jerry's sizing events at Arctic Ice Arena 7/9, 7/30 and right after tryouts.

Jerseys

This year only-each player will receive Athletic Knit home and away jerseys and game socks that are included with your season fee. This year's jerseys are redesigned and will be purchased through Jerry's Hockey. Jerry's will hold 3 sizing events at Arctic Ice Arena in the lobby. The first event will be July 9th, the second will be July 30th 5:00-8:00pm and the last will be immediately following tryouts. The earlier you size the earlier you will get your jersey.

The club does not allow players to select jersey numbers that might present a jersey number duplication/conflict in subsequent years; even if a selection doesn't cause a conflict for the current season. By not assigning numbers to multiple players within a current and +1/-1 birth year we are assured that future conflicts will not occur. This policy has been enacted to ensure that once a player has selected a number they will be able to retain that number for as long as they remain with the Vikings organization. Numbers are allocated on a first come first serve basis. If there is a situation where players have the same number on the same team, the player who has been with the club the longest in sequential years will get to keep the number. The other player will have to choose a new number and purchase new jerseys at their expense.

Shells

New to Vikings are Athletic Knit Shells-players can be sized at one of Jerry's sizing events and the player's Vikings account will be billed \$65. Shells are **MANDATORY** for Squirts through Midgets and are optional for Mites.

Gloves

Vikings are now offering custom Bauer Vikings gloves. These can be purchased online through the website. These custom gloves are optional.

Regular Season

Tryouts

Vikings will conduct tryouts for teams as needed, and the Hockey Director is responsible for establishing the proper number and structure of tryout sessions. Prior to tryouts information will be shared on our website with an overview of the program to be offered, anticipated costs, registration requirements, as well as the dates and times related to the program's activities.

Players should attend all tryouts. Unless waived by the Hockey Director, in consultation with the Board, players must attend at least one tryout session.

Tryouts and team selections will be conducted in a fair and impartial manner under the supervision of the Hockey Director. All slots on all Vikings teams are open for competition. The only exceptions to this rule are situations where a head coach has a son/daughter who is eligible to play on the Coach's team. Sons/daughters of coaches may generally be selected in advance to be on the parent's team. Otherwise, a player may not be promised a position on a Vikings team prior to tryouts. Coaches are responsible for the choice of players for his/her team. Such decisions will be made in a fair and impartial manner, based upon the player's abilities and the needs of the team. Skating skills, experience, work ethic and commitment are among the criteria that coaches may consider when making selections. Race, gender, ethnic background and religion are not. Coaches should seek input from the Hockey Director in making these decisions. However, the coaches ultimately make the selection of players.

The highest tiered teams (Major) in Midget, Bantam, Peewee and Squirt levels will select first and will continue until the roster is filled, regardless of birth year. The Minor team will then be selected from the remaining players, from the younger birth year only for each level, until the roster is filled. The Silver team will be selected from the remaining players until the roster is filled, regardless of birth year. The Bronze team, if applicable, will be selected from the remaining players until the roster is filled, regardless of birth year.

Coaches are encouraged to consider the fact that a player has previously been with the Vikings. This is not intended to give a Viking player a "right" to a position on a team. It should be viewed as a "tie-breaker" when deciding between a Viking player and a roughly equal player from outside of the organization.

Fair Ice

The Vikings support fair ice time for all players. Coaches are encouraged to use their best efforts to give ice time fairly to all players on their team. "Fair ice" does not mean "equal ice" in each game. The flow of the game, penalties, power plays and penalty killing may occasionally result in unequal playing times in a particular game. In addition, some teams may carry two lines of defense and three lines of forwards that will obviously result in different playing times between defensemen and forwards. Further, coaches may choose to use certain players during the last few minutes of a close game to give the team its best chance to win. This could result in some players finishing the game with more ice time than others players. On the other hand, coaches are encouraged to fully use all players. Use of all players in "specialty" situations (e.g. power player, penalty killing, etc.) develops Viking players and is strongly encouraged. For these reasons, ice time may not be equal in each and every game, but should be fair over the course of the season based on position.

The level that a team plays may also have an impact upon playing time. "Mite" level teams should have nearly equal ice times among all players. On the other hand, "Midget" level teams may be in more games where ice times differ among players and may require the stronger players on the ice more at the end of some games. However, even among the older teams, the goal remains to give all players a roughly equal amount of ice and a variety of game experiences, taking into account the competitive nature of play.

Motivation and discipline may also affect ice time. Coaches may use a player's ice time as a motivational/disciplinary tool, either for violations of team rules, repeated failures to follow directions or for lack of "hustle" during a game. When this occurs, the coach should explain to the player how he/she failed to meet the coach's expectations and the impact that this will have on the player's ice time. As is always the case, motivational/disciplinary actions should be applied consistently and without regard to the perceived "importance" of a player to a team. A coach, at his or her discretion, may suspend a player for up to one game.

However, any such disciplinary action by the coach beyond one game must be approved by the Hockey Director in accordance with the Vikings "Standards of Conduct" policy.

In general, the "fair ice" policy applies to goalies. However, it is left to the coaches to decide how to rotate goalies on teams with more than one. Coaches may choose to play both goalies in one game. The coach may also choose to play goalies game-by-game. In the latter situations, coaches are not required to play goalies in alternating games. Coaches may choose to play a goalie in consecutive games so long as the games played during the course of the season roughly even out between the goalies. This is not considered disciplinary action, as discussed above, and will not normally involve the Vikings Board.

Team Rules

Coaches may adopt appropriate team rules governing the conduct of team players. This may include, among other things, game dress codes, arrival times before games, procedures on notification of absences and parents' admission to the locker room before and after games. Team rules must be consistent with the substance of this and other Vikings policies and clearly communicated to players and their parent(s).

Leagues

The Orland Park Vikings are a competitive Tier II Travel Hockey Club based in the southwest suburbs of Chicago. We compete at all levels from Mites through Midgets, and our players range from 6 years old up to 18.

We compete in the Central States Developmental Hockey League (CSDHL). Our 8U players are members of the Chicago United Hockey League (CUHL) (AAU). We are members of USA Hockey and sanctioned by the Amateur Hockey Association of Illinois (AHAII).

Scheduling

Your team's manager, coach or a member of the Board of Directors will schedule all games for your regular season, and/or seeding round. The schedules with practices are updated on your team's page on the Viking's website.

Tournaments

The Vikings have budgeted four (4) tournaments for each team to be completed by March 1 for squirts through midget levels. The coach along with the Hockey Director will decide the tournaments your team will be attending.

The Vikings have budgeted for three (3) tournaments for each Mite team to be completed by March 1.

Most tournaments require that you stay in a tournament-affiliated hotel. Your manager is responsible for making the reservations for your team.

The Vikings pay for any team entering AHAII's Blackhawk Cup, this is not considered part of your team's tournament allocation.

FPT Training-Off Ice Strength and Conditioning

Vikings teams Squirts through Midget will utilize FPT at Arctic Ice Arena and train under Jeff Blindauer for off-ice conditioning. See Vikings website for more information [FPT Strength and Conditioning Training](#)

Parents Serving as Off-Ice Officials

Timekeepers, scorekeepers and penalty box supervisors are considered off- ice officials. Your behavior and conduct are reflective of your team and this organization.

Parent Managers

Vikings Board of Directors strongly recommends that members only volunteer for one team manager position per season. Team managers must be approved by the Vikings Board and Hockey Director.

Team Photos

The Vikings organization purchases photo packages for each player within the Vikings. The pictures are normally taken early to mid November. More information will be given out once the dates/times are scheduled.

Website

On the Vikings website, your team manager will have the ability to maintain your team's home page. This can include articles, photos, team events, etc. If you would like to add additional information on your team's site, you will need to coordinate with the team's manager.

Disciplinary Policy

Overview

This disciplinary policy provides the framework to address violations of rules and regulations established by Vikings Youth Hockey, Chicago United Hockey League, Amateur Hockey Association of Illinois or USA Hockey. This policy is not intended to resolve private disputes or issues that arise regarding general operations.

Conflict Resolution-24-Hour Rule

Vikings Youth Hockey encourages open and respectful communication between parents and coaches. To promote a productive and constructive dialogue, we ask that parents wait 24 hours after a game, practice, or incident before addressing a coach about any concerns related to their child.

This “cooling-off period” helps ensure that conversations happen with clear minds and mutual respect, allowing for thoughtful discussion and problem-solving. If concerns remain after 24 hours, we encourage parents to reach out directly to the coach or the appropriate team manager to schedule a time to talk.

If the matter remains unresolved, the next step is to contact **Hockey Director, Nick Pollos**, for further support. Should a resolution still not be reached, families may bring their concerns to the **Board President, Andrea Joy**, for final review.

Rules and Ethics Committee

The Board of Directors will establish a Rules and Ethics Committee to investigate and provide recommendations regarding disciplinary violations. The Committee will serve and be appointed as needed by the Board of Directors. The Committee will work under the supervision of the President and report their findings to the Board of Directors.

Minor Infractions

Disputes that arise at the team level alleging violations of Vikings' policy should be fairly resolved at the lowest possible level. Generally, these matters should be reported to the head coach. Coaches are encouraged to work with members to resolve disputes. In cases where it is not practical to present the violation to the team coach, the matter may be referred to the Hockey Director or to the Board of Directors. With respect to minor infractions, Vikings members are encouraged to wait twenty-four hours after the event before raising a complaint.

Vikings Right of Refusal of Service and Registration

In an effort to maintain the highest standards of sportsmanship and to demonstrate the Vikings as a leader in Illinois youth hockey both on and off the ice, the Vikings Youth Hockey Organization reserves the right to refuse or return any registration for participation in any Vikings Youth Hockey Organization programming if the Vikings Board of Directors determines said registration jeopardizes the goals and mission statement of the organization. A sufficient basis of any refusal or return of registration may be as a result of past or present conduct by the individual attempting to register, or any member of his/her/their family, extended family, former marital relationships, or his/her/their social networks.

If an individual's prior conduct resulted in any disciplinary action against the aforementioned individual(s) by USA Hockey, any USA Hockey affiliated organization/entity, any law enforcement agency or the managing arm of Arctic Ice Arena, or conduct which the Vikings Youth Hockey Organization Board of Directors deems to not be in the best interest of youth hockey, the Vikings reserve the right to refuse or return registration.

Important Documents

[Code of Conduct](#)

[Vikings Zero Tolerance Policy](#)

[USA Hockey Concussion Information](#)

Sponsorship Information-in the process of being updated

Vikings Bylaws-in the process of being updated

[Vikings Injury Credit Request](#)