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The

Face

Off



Ice Hawks Family,

I hope this finds you well! In this section, I am hoping to clarify some common USA / Missouri Hockey terminology and clear up any confusion surrounding these terms.

AAA, Tier 2, Pods, 18U – what does it all mean?

There are 3 Tiers to USA Hockey YOUTH hockey:

Tier 1: AAA Hockey

Tier 2: AA Hockey, A Hockey, B Hockey

Tier 3: C/Entry Level Hockey

I'm still confused... where are the Ice Hawks?

The Ice Hawks have teams in both Tier 2 (A/B Hockey) and Tier 3 (C level) hockey.

What are examples of AAA Hockey in St. Louis?

St. Louis has 2 AAA Hockey organizations: AAA Blues and Carshield. These are not territory locked and ANYBODY within the designated age range can try out. Currently, both organizations offer a team at each birth year (from 11U-16U) and then finally a team at 18U.

What are examples of AA Hockey in St. Louis?

St. Louis has 3 teams participating in CSDHL – also known as Central States – the St. Louis Eagles, Chesterfield Knights, and St. Louis Sting. These organizations start at 9U and continue through 14U.

Awesome! My son/daughter can try out for any of these!

Not so fast – these CSDHL teams are territory bound by a set of complex rules. To simplify, if you are registered with the Ice Hawks, you can try out for the St. Louis Eagles 'pod'. If you do not get selected for the Eagles, you can go to an additional tryout with all players that were not selected from all pods in St. Louis and have the opportunity to join another team (if selected).

Here are the pod breakdown:

Eagles – Ice Hawks, Meramac Sharks, Affton Americans

Knights – Chesterfield Falcons, St. Louis Rockets, Kirkwood Stars

Sting – Twin Bridges Lightning, St. Peters Spirit

So what happens when they turn 15?

Once the 14u season is done, AA teams are no longer territory bound, so players are welcome to try out for any team.

So what about the Ice Hawks????? See Next Page

The Face Off (Cont.)



So what about the Ice Hawks...

The good news is that if you plan to stay with the Ice Hawks, the path is much clearer! The Ice Hawks offer teams at the following levels currently:

6u (formerly known as Mini-Mites)

8u (formerly known as Mites)

10u (formerly known as Squirts)

12u (formerly known as Pee-Wee)

14u (formerly known as Bantam)

16u /18u- hopefully coming back this season! (formerly known as Midgets)



WHERE DID THE YEAR GO?????

Well it seems like just yesterday we were announcing eval times and team selections. Time to take a little time off and decompress from the last 7 months. PLEASE take the time and effort to make sure your athlete knows how proud you are of all they accomplished this year. Whether your team made it to the Blue Note Cup championship or finished last the most important thing is that your athlete enjoyed themselves and grew as a player and person.

We are not going to have a large end of year party this year, but are encouraging the individual teams to hold a get together to celebrate all their accomplishments and hard work this year. We will be holding an end of year meeting for elections and bylaw review.

We will have multiple board openings up for election this year and several other volunteer positions in which people's skills would be very beneficial to the club. Please consider volunteering your time. The board is ran exclusively by volunteers and we are always looking for people with good ideas and good intentions to help us grow the club and game.

Rule changes for next year

Just a reminder that USA Hockey has mandated the use of neck guards effective Aug 1, 2024. Please do not wait until the last minute to get them. Players will not be allowed on the ice without a neck guard, this includes practices and any Ice Hawk sponsored event.

Online Swapmeet

As you are sorting through gear from this year and looking forward to next year. Be sure to checkout the [Facebook](#) group for buying/selling hockey gear from other Ice Hawk families. This is a great way to help out others in our group and clean out your unneeded gear.

Important Dates



Mar 13-14 - 14U Checking clinic, sign-up [here](#)

Mar 13-14 - 10U+ Intro to full ice hockey, sign-up [here](#)

Week of Mar 18 - Start of Ice Hawks Spring pond hockey, sign-up [here](#)

Mar 20 - 16U Spring selects tryouts, sign-up [here](#)

Mar 28 - 16U Skills and Scrimmage starts, sign-up [here](#)

Mar 21 - Start of weekly goaltender training with 3E, sign-up [here](#)

Mar 25-30 - Tryouts for St Louis Eagles AA Spring program, sign-up [here](#)

Mar 19-28 - Tryouts for St Louis AAA Blues Spring program, sign-up [here](#)

Mar 13-20 - Tryouts for Carshield AAA Spring program, sign-up [here](#)

Jun 5 - Summer Skills with Elite Hockey, sign-up [here](#)

Players

Zone



Great Season and good job, we're proud of you!!!!

Strength/Conditioning recommendations

Well, it's the end of a long season. We want to take some time to rest and recover. Make sure you are going out and enjoying playing other sports. Studies have shown that athletes that play more than one sport perform better in all their sports. As we move toward summer start looking to improve on areas of your skills that you noticed were lacking last season. Also, offseason is the time to work on your explosive movements and strength gain, but don't forget about your conditioning.

Players when training at the Hawks Nest please take pride in the facility and take care of it, treat it like you would your grandma's house. If you see problems let your coaches know.

<https://www.usahockey.com/dryland>

Hockey training recommendations

For the first part of offseason we're providing everyone the same drills. The main goal is building speed, the difference between the level you played at this year and the next level is always speed. We want to increase this as much as possible this summer.

<https://www.icehockeysystems.com/off-ice-exercise/36806/hockey-speed-workout>

https://www.youtube.com/watch?v=_EKmSz_GZbA

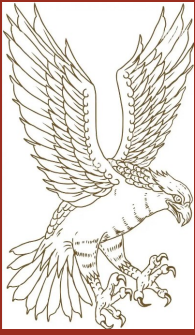
<https://www.youtube.com/watch?v=1QGH5pnue44>

Q: What does the best hockey team get for their end-of-season party?

A: Stanley Cupcakes.

Q: Where does a hockey player get all his money?

A: From the tooth fairy!



Hawks on Parade

*If you have a parade moment to share
email us at: SocialMedia@IceHawksHockey.org*



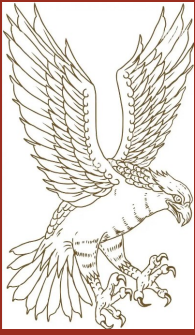
**Kinderhook Champs
8U White**

**Chesterfield
Thanksgiving Champs
8U - White**



[Find Ice Hawks on Facebook HERE!](#)

[Find Ice Hawks on Instagram HERE!](#)



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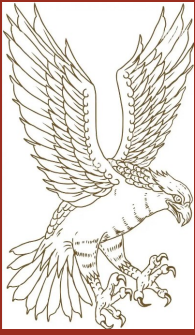
**Heartland Holiday
Classic Champs
12U - A1**

**Citrus Cup Champs
12U - A1**



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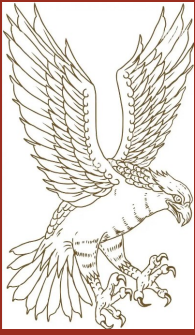
**Irish Cup Runners-up
10U - B2**

**Frozen Faceoff
Runners-up
10U - C2**



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Arch Showdown Champs
10U - A3

**Congratulations to former
IceHawk Kyle Settles on
being signed by the JR
Blues**

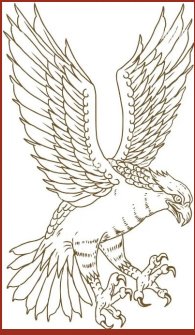
KYLE SETTLES
Position: Forward/Defense
Height: 5'10" Weight: 160
Birthyear: 2006
Team: Affton Americans U18 CSDHL

Kyle Settles
2024-2025
TENDER SIGNING



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[Find Ice Hawks on Instagram HERE!](#)



Hawks on Parade

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It's not always about hockey.

Well done to the 14U A2



**Ice Hawks 14U A2 adopted a family this
Christmas season.**

Training & Camps



Summer Camps

[Top Gun Academy](#)

[Elite Hockey](#)

[STL Hockey Training](#)

[Synergy Hockey](#)

[End 2 End Hockey](#)

[Apex Hockey](#)

[3E Goaltending](#)

[Tactical Hockey](#)

Private Lessons

Private lessons are available from the following places, this does not represent an endorsement of anyone listed.

Metroplex - Dima Golovko

[Elite Hockey](#) - Tyler Elbrecht

[STL Hockey Training](#) - Zane Truman

Hawks Training, please check Important Dates page for links

Goalie Training with 3E

Checking Clinic for 14U

Summer Skills with Elite Hockey

SIIH Board of Directors

2023-2024

- Kyle Fizer, President
- Sam Salah, Vice President
- Angie Harshbarger, Treasurer
- Brittany Whittenburg, Registrar/Dir of Managers
- Sarah McGraw, Lady Hawks Director
- Kris Brinkman, MO Hockey YD Director
- CJ Rogers, Fundraising Director, Website
- Scott Loehring, REDSS Director, Disciplinary Chair
- Bethany Kassebaum, Secretary

SIIH Staff

- Gus Feldker, Director of Coaching, Ice Scheduler

Current Committees

Disciplinary Committee

Coaching Committee

Volunteer Opportunities

Fundraising Opportunities

We are always looking for help on the fundraising committee, please reach out to CJ Rogers or Bethany Kassebaum if you are interested in being on this committee.

Juice Cup

- Chair—Brittany Whittenburg

Glo Bingo

- Chair—Angie Harshbarger