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**Southern Illinois Ice Hawks
Hockey Buy, Sell, Trade >**

Private group · 214 members



Manage

Invite

**CHECK OUT THE NEW
ICE HAWKS EQUIP-
MENT SWAP GROUP
ON FACEBOOK**

[LINK HERE](#)

The

Face

Off



Hello everyone, and welcome to the 2023-2024 season! There has not been a better time to be a member of the Ice Hawks family. We are coming off a 2022-2023 season that was one of our best seasons ever as a club. Five of our teams played for the Blue Note Championship in their respective divisions with two teams winning it all. We had exceptional teams at all levels, competing and winning tournaments across the area and beyond. This season, we expect our teams to be just as competitive across all divisions. We have continued to grow in overall numbers as our Learn to Play, Mini Mite (6U) and Mite (8U) numbers increase each season. It has taken several years to build up our membership from when the Fairview Heights rink closed, but we have been steadily increasing our membership every season. I see nothing but great times in the future!

There is some exciting news to share as we kick things off - the Hawks Nest is ready to open! I know everyone has been hearing about this for some time, and we are finally ready to open the Nest as our official off-ice training facility for the upcoming season. While it has taken longer than expected for this project to take shape, the board and I wanted to make certain it was suitable to our needs and is now bigger than facilities most of the other clubs in the area have. Teams will be scheduled to use the facility in a similar fashion to how they are scheduled for ice times. This space will allow coaches to help players work on shooting and conditioning, and gives the coaches the ability to explain and demonstrate drills that they will use at the next on-ice session. There is a dedicated area for explaining situational hockey and coaches can walk the players through faceoff situations and game play objectives. There is a conference room for video presentations and game film viewing, on site storage for our training equipment, and a large space outside to work on other off-ice conditioning. Again, this has been in the works for many years, and we are so excited for everyone to see the Hawks Nest. This facility will be sure to enhance your players' abilities, as well as helping our coaches better prepare their teams for practices and games.

As we move through evaluations, I want to ask everyone to get involved and volunteer with your team. Become part of it, do not be a bystander. The more people can help out, the better it is for everyone. Don't be the team that has to rely on the same four people to do everything! This is YOUR club – take pride in it and do all that you can! If you don't know what to do or how to help, ask your team manager –they will give you some options.

I want to thank everyone for volunteering and helping the club to get where it is. We could not have arrived at this point without everyone's help. This is my last year as president of the club, and I have learned so much from everyone and have met some really great players and families. I hope that this year is awesome for everyone and that we continue to excel on and off the ice. Good luck to all at the upcoming evaluations and tryouts. Like always – please do not hesitate to stop me if you have a question – I am always up for talking hockey.

Yours in Hockey.

Kyle D. Fizer



Hopefully everyone has had a chance to relax and enjoy their time off. We're most of the way through summer and I'm sure you're starting to hear the rumblings of another hockey season. Look for pre-season skates, stick & pucks, evaluations, and jersey fitting dates in this edition of the newsletter. New players **MUST** attend a jersey fitting, new parents **PLEASE** make time to do this.

Evaluations:

This year we are encouraging parents to allow their players to attend evaluations on their own. Our main goal in this effort is to create a focused environment by reducing outside distractions to give each player the opportunity to showcase their skills and talents without unnecessary pressure. We understand that parents enjoy watching their children, and we encourage and appreciate your continued support and enthusiasm at our other events going forward. Thank you for entrusting us with your child's development in youth hockey. We look forward to working with you to provide a supportive environment for all of our players to flourish and grow as athletes and individuals.

Equipment tips:

Now is the time to make sure you go through and check all your player's gear to make sure it still fits and you have time to get any breaks, tears, or other issues fixed. If you bought new, bigger equipment make sure you have your player try it on with their jersey to see if it still fits. A critical area is always skates, be sure to check for loose rivets, if insoles need to be replaced, or if laces are cut. Skates can be punched out if they are tight in a specific area.

Online Swapmeet

Be sure to check out the new [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.

SafeSport Training

Get a jumpstart on your required SafeSport training requirements for the 2023-2024 season!

1. Access <https://membership.usahockey.com/> and register for your own persona Manager/Volunteer Confirmation Number (FREE!) for the current season

A. Coaches or on ice helpers should select Coach for on ice designation, approved coaches by the Director of Hockey can be reimbursed by SIH treasurer

2. When eligible, complete your SafeSport training requirements

3. Send your completed SafeSport certificate, or your USA Hockey Confirmation Number to team-manager@icehawkshockey.org to certify completion by Dec. 31

For more information visit <https://www.icehawkshockey.org/parent-resources/mandatory-safesport-training/3439>

Important Dates



Jersey Fitting @ Mckendree Metroplex

PLEASE bring shoulder pads for proper fitting

Aug 9th - 6:30 - 8:30pm

Aug 13th and 20th - 8am - 12pm

Aug 16th and 23rd - 5:30 - 7:30pm

Aug 19th - 10am - 4pm

Warm-Up Fitting @ Mckendree Metroplex

Aug 19th - 10am - 2pm

Evaluation Pre-Skates and Stick & Pucks

Pre-Skates

Aug 3-10 - Times vary, please see page 4 of the newsletter for details

Stick & Puck - Signup is required

Aug 12 - Times vary, please see page 4 of the newsletter for details

Aug 12th - Juice Cup Golf Tournament

Registration is full, there is a waitlist available

We are always looking for additional sponsors

2023 Player Evaluations

Aug 13th - Aug 24th - Times vary, please see page 5 of the newsletter for details

Aug 26th - Team practices begin

Nov 10th - Glo Bingo - Keep an eye out for more details

Dec 31st - **Completion of Safesport Training for all parents, players, coaches, and volunteers due date**

Players

Zone



Welcome back players, let's play some hockey!!!!

Strength/Conditioning recommendations

At this time of year, hockey players should be finishing their off-season training and beginning their pre-season workouts. The primary goal of pre-season workouts is to maintain off-season strength gains without excessive fatigue, injury, or overtraining. (Learn more about [overtraining](#).)

This is also the time to start getting into game shape, so you can skate for a full shift without losing quickness, shot speed, or checking power. Drills and exercises should be more hockey centered.

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

Hockey training recommendations

Beginner

Improve your passing - How to pass in hockey
<https://youtu.be/tQSaHGT2yY4>

Intermediate

25 Hockey Hand-Eye drills (Also has some advanced drills)
<https://youtu.be/6GI6LW-myLQ>

Advanced

15 Shooting drills
<https://youtu.be/RrYFNdTNvkc>

*Q: Why was there a pig at
the hockey game?
A: He drove the hamboni.*

*Q: Why was the short-tempered
hockey team angry at his email?
A: He had too many forwards.*



SOUTHERN ILLINOIS ICE HAWKS

All NEW players must attend one fitting
Returning players ONLY have to attend if buying new items

ALL ORDERS MUST BE TURNED IN BY MIDNIGHT 8/25 TO
ENSURE DELIVERY BY THE SEASON.

JERSEY FITTINGS

23-24 Fall Season

DON'T FORGET YOUR
SHOULDER PADS!

8/9: 6:30 - 8:30 PM

8/13: 8-12 PM

8/16: 5:30-7:30 PM

8/19: JERSEYS 10-4 PM



8/19: WARM-UPS 10-2 PM

8/20: 8-12 PM

8/23: 5:30-7:30 PM

2023 PRE-SKATE & EVAL SCHEDULES

*LIMITED SPOTS ARE AVAILABLE
FOR OPTIONAL STICK & PUCKS,
RESERVE YOUR SPOT ONLINE!

6U (2017 & YOUNGER)

(No evaluations at this age)

8/6 Sunday, 10:45 am-11:45 am (Pre-Season Skate)

8/12 Saturday, 9:00 am-11:15 am (Optional Stick & Puck)*

8/19 Saturday, 9:00 am-10:00 am (Pre-Season Skate)

Possibly more times coming, keep an eye on your Crossbar app

8U (2016)

8/5 Saturday, 9:00 am-10:00 am (Pre-Season Skate)

8/9 Wednesday, 6:00 pm-7:00 pm (Pre-Season Skate)

8/12 Saturday, 9:00 am-11:15 am (Optional Stick & Puck)*

8/20 Sunday, 12:00 pm-1:00 pm (Evaluation, skill session)

8/24 Thursday, 6:15 pm-7:15 pm (Evaluation, scrimmage)

8U (2015)

8/5 Saturday, 9:00 am-10:00 am (Pre-Season Skate)

8/10 Thursday, 6:15 pm-7:15 pm (Pre-Season Skate)

8/12 Saturday, 9:00 am-11:15 am (Optional Stick & Puck)*

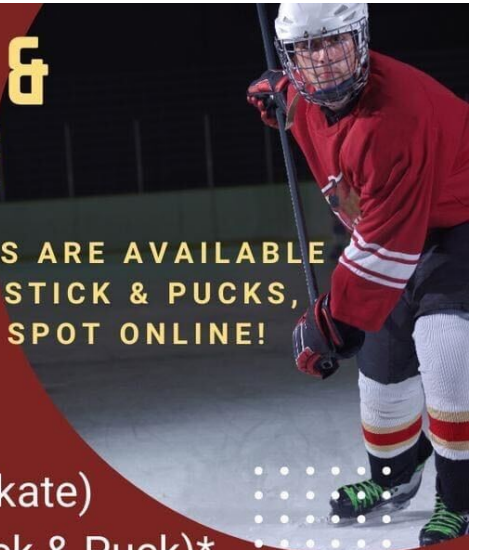
8/20 Sunday, 10:45 am-11:45 am (Evaluation, skill session)

8/24 Thursday, 6:15 pm-7:15 pm (Evaluation, scrimmage)

ARRIVAL TIPS FOR ALL EVALS:

- ALLOW ENOUGH TIME FOR CHECK-IN
- BRING BACK ANY ICE HAWKS PRACTICE JERSEYS

More Info at icehawkshockey.org



2023 PRE-SKATE & EVAL SCHEDULES

*LIMITED SPOTS ARE AVAILABLE
FOR OPTIONAL STICK & PUCKS,
RESERVE YOUR SPOT ONLINE!

10U (2014 BIRTH YEAR)

8/5 Saturday, 10:15 am-11:15 am (Pre-Season Skate)
8/9 Wednesday, 7:15 pm-8:15 pm (Pre-Season Skate)
8/12 Saturday, 11:30 am-12:30 pm (Optional Stick & Puck)*
8/13 Sunday, 9:30 am-10:30 am (Evaluation, skill session)

10U (2013 BIRTH YEAR)

8/5 Saturday, 11:30 am-12:30 pm (Pre-Season Skate)
8/8 Monday, 7:15 pm-8:15 pm (Pre-Season Skate)
8/12 Saturday, 12:45 pm-1:45 pm (Optional Stick & Puck)*
8/13 Sunday, 8:15 am-9:15 am (Evaluation, skill session)

**ALL 10U: AFTER EACH EVALUATION, YOU WILL BE EMAILED YOUR
GROUP ASSIGNMENT AND ICE TIME FOR YOUR NEXT EVALUATION.**

8/17 Thursday, **Either** 6:15 pm-7:15 pm **or** 7:30 pm- 8:30 pm
(Evaluation, scrimmage)

8/19 Saturday, **Either** 12:45 pm-1:45 pm **or**
2:00 pm-3:00 pm (Evaluation, scrimmage)

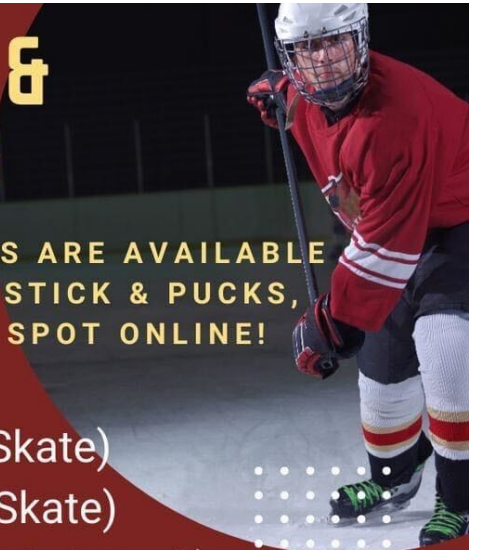
Either 8/21 Monday 6:15 pm-7:15 pm **or**

8/23 Wednesday 6:00 pm -7:00 pm (Evaluation, scrimmage)

ARRIVAL TIPS FOR ALL EVALS:

- ALLOW ENOUGH TIME FOR CHECK-IN
- BRING BACK ANY ICE HAWKS
PRACTICE JERSEYS

More Info at icehawkshockey.org



2023 PRE-SKATE & EVAL SCHEDULES

*LIMITED SPOTS ARE AVAILABLE
FOR OPTIONAL STICK & PUCKS,
RESERVE YOUR SPOT ONLINE!

12U (2012 BIRTH YEAR)

8/5 Saturday, 12:45pm-1:45pm (Pre-Season Skate)
8/10 Thursday, 7:30pm-8:30pm (Pre-Season Skate)
8/12 Saturday, 2:00pm-3:00pm (Optional Stick and Puck)*
8/13 Sunday, 10:45am-11:45am (Evaluation, skill session)

12U (2011 BIRTH YEAR)

8/3 Thursday, 7:30pm-8:30pm (Pre-Season Skate)
8/5 Saturday, 2:00pm-3:00pm (Pre-Season Skate)
8/12 Saturday, 3:15pm-4:15pm (Optional Stick and Puck)*
8/13 Sunday, 12:00pm-1:00pm (Evaluation, skill session)

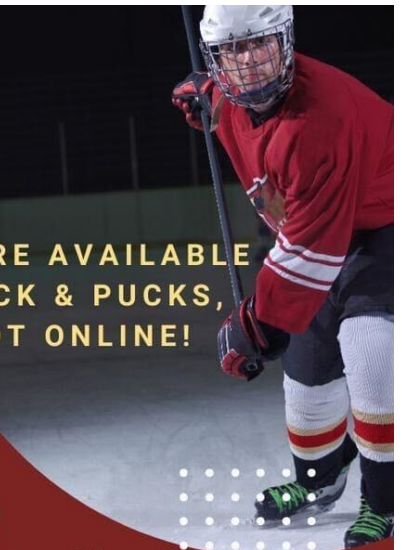
**ALL 12U: AFTER EACH EVALUATION, YOU WILL BE EMAILED YOUR
GROUP ASSIGNMENT AND ICE TIME FOR YOUR NEXT EVALUATION.**

8/16 Wednesday, Either 6:00 pm-7:00 pm or 7:15 pm-
8:15 pm (Evaluation, scrimmage)
8/19 Saturday, Either 3:15 pm-4:15 pm or 4:30 pm-5:30 pm
(Evaluation, scrimmage)
Either 8/21 Monday 7:30 pm-8:30 pm or 8/22 Tuesday
7:15 pm -8:15 pm (Evaluation, scrimmage)

ARRIVAL TIPS FOR ALL EVALS:

- ALLOW ENOUGH TIME FOR CHECK-IN
- BRING BACK ANY ICE HAWKS
PRACTICE JERSEYS

More Info at icehawkshockey.org



2023 PRE-SKATE & EVAL SCHEDULES

*LIMITED SPOTS ARE AVAILABLE
FOR OPTIONAL STICK & PUCKS,
RESERVE YOUR SPOT ONLINE!

14U (2010 BIRTH YEAR)

8/5 Saturday, 3:15 pm-4:15 pm (Pre-Season Skate)
8/8 Tuesday, 8:30 pm-9:30 pm (Pre-Season Skate)
8/12 Saturday, 4:30 pm-5:30 pm (Optional Stick & Puck)*
8/15 Tuesday, 7:15 pm-8:15 pm (Evaluation, skill session)

14U (2009 BIRTH YEAR)

8/5 Saturday, 4:30 pm-5:30 pm (Pre-Season Skate)
8/9 Wednesday, 8:30 pm-9:30 pm (Pre-Season Skate)
8/12 Saturday, 4:30 pm-5:30 pm (Optional Stick & Puck)*
8/15 Tuesday, 8:30 pm-9:30 pm (Evaluation, skill session)

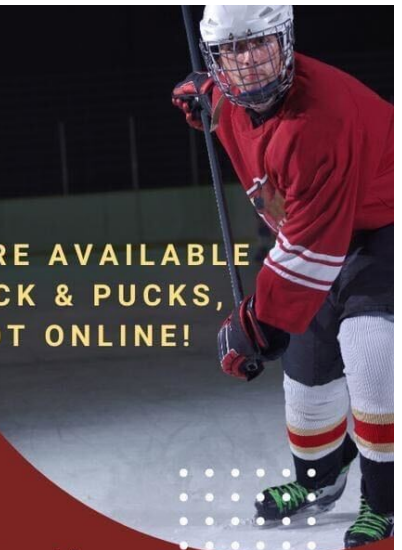
ALL 14U: AFTER EACH EVALUATION, YOU WILL BE EMAILED YOUR GROUP ASSIGNMENT AND ICE TIME FOR YOUR NEXT EVALUATION.

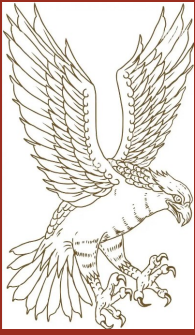
8/19 Saturday, Either 10:15 am-11:15 am or 12:30 pm-1:30 pm (Evaluation, scrimmage)
8/20 Sunday, Either 8:15 am-9:15 am or 9:30 am-10:30 am (Evaluation, scrimmage)
Either 8/22 Tuesday 8:30 pm-9:30 pm or 8/23 Wednesday 7:15 pm -8:15 pm (Evaluation, scrimmage)

ARRIVAL TIPS FOR ALL EVALS:

- ALLOW ENOUGH TIME FOR CHECK-IN
- BRING BACK ANY ICE HAWKS PRACTICE JERSEYS

More Info at icehawkshockey.org





Hawks on Parade

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

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

Congratulations to all of our teams and players that played in the Dawg Nation 3v3 tourney. 2 Champions and 2 Runners-up, way to go HAWKS!!!



12U Champs



10U-B Champs

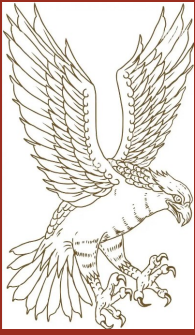


10U-A Runner-Ups

**Not pictured:
14U Runner-Ups
Team Reed**

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

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



Hawks on Parade

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

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

***Congratulations to our Ice
Hawks that earned spots on
AA St Louis Eagles***

U9 Boden Lynch

U10 Connor Cadieux

U10 Bobby Wondolowski

U10 Cal Dorner

U11 James Deccico

U11 Gavin Gatchell

U13 Aston Blevins

***Congratulations to our Ice
Hawks that earned spots on
the AA Lady Liberty and AA
Lady Cyclones***

AA Lady Liberty

14U Zayla Henry

AA Lady Cyclones

Ashlynn Land

***Congratulations to former Ice Hawk Beck-
ham Rohr on leading the CCM team in scor-
ing at The Brick Invitational***

THE BRICK INVITATIONAL HOCKEY TOURNAMENT

CCM CHICAGO LEADING SCORERS

12 PTS	BECKHAM ROHR
8 PTS	ADLER ZANOWSKI
8 PTS	TYLER KOSONEN
3 PTS	HUNTER HARTLIED
3 PTS	JAMES KALLOP
3 PTS	LUCAS DOLL
3 PTS	CROSBY SMITH
3 PTS	LOGAN GLANIN

Photo of a player in a CCM Chicago jersey celebrating on the ice.

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

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

Training & Camps



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

Metroplex Classes

Stick & Puck (members only)

Reminder you do not have to have a membership for your whole family, a child can have their own membership

Ongoing Plex Skate classes, please check the metroplex [website](#) for more info

<https://metrorecplex.com/ice/hockey-training/#plex-skate>

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

MIHOA (MO Hockey Officials Association) is offering an intro to refereeing class for anyone interested in being a paid referee for the upcoming season.

Fundraising Opportunities

We are in the process of forming a 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