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Blue Note Cup Champions 2023

The Face Off



WELCOME EVERYONE,

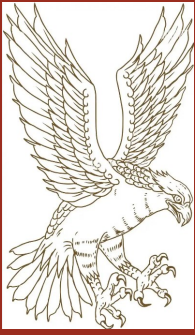
We would like to welcome everyone to the first issue of our club newsletter, our goal is to publish an issue every other month in order to provide our parents and players with information about the club and resources to continue our player's development.

As the season wraps up we would like to step back and consider the success of the club and its players this year. 5 of our 12 teams ended up in their Blue Note Cup championship game with 2 teams completing their journey on top. By percentage of teams our club was #1 in Mo Hockey for sending teams to the championship game. This spring we also had 10 players that were selected to play AAA hockey next year and a former Ice Hawk that signed a contract with the St. Louis Jr Blues. We believe these results showcase the talent, hard work, and dedication that our players and coaches continue to exert in their goals to grow the game in the club and themselves.

Looking forward the club has several efforts for continuing to improve the quality of players, coaches, and facilities. As you will see in this edition we are currently finalizing plans for the Hawks Nest off-ice training facility. This facility will provide all players the opportunity to develop their skills even when ice time is short. We are also in the process of forming a coaches committee to help with developing a system to help push our current players, introduce and improve new players to the game, and provide our coaches with the skills and tools they need to evaluate and develop all of our players.

In an effort to improve communication within the club we've added sections with important dates within the club and for registration of events/training, along with information regarding camps and private training opportunities, a parents section for those new to the game, and a players section with tips, advice, and skill samples. These are all being put in place with the goal of getting information out to the club members, we will continue to provide this information in other ways as well (web page, Facebook, email, etc.). Please let us know if you have any feedback or other information you would like to see in the future via [email](#).

- SIH Board of Directors



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 the 16u team
on winning the City of Blues
tournament.***

***Congratulations to Pee wee
B3 team on winning the Luck
of the Irish tournament.***



***On The Front Page:
Congratulations to our
2023 Blue Note Cup Champions
14U - A2
12U - A2***

***Congratulations to our
2023 Blue Note Cup Runners-Up
12U - B3
10U - A2
10U - C3***

[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 former Ice Hawk Mason
Wright on signing with the St. Louis Jr.
Blues***



Mason Wright
St. Louis AAA Blues U16
O'Fallon, Illinois



2006
6'1" - 190
Forward



2023 TENDER SIGNING



***Congratulations to our Ice
Hawks that earned spots on the
AAA Blues and AAA Lady Blues***

***Congratulations to our Ice
Hawks that earned spots on
AAA CarShield***



***Colton Miller**
Wyatt Gula*



***Caelan Beach**
Gracyn Schlechte
Jillian Whitworth
Collin Varady
Charlie Mineman
Emerson Mineman
Clay Kramer
Beckham Rohr*

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

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

Important Dates



Jun 1st - [Ice Hawks Fall Registration Opens](#)

Jun 5th - [Girls Try Hockey Free](#) @ McKendree Metroplex

Any girls ages 5-14

4:45-5:45 - Equipment fitting and off ice instruction

6-7 - On ice instruction

Jun 5th & 12th - [10U Introduction to Full Ice](#)

Jun 12th - [Boys Try Hockey Free](#) @ McKendree Metroplex

Any boys ages 5-14

4:45-5:45 - Equipment fitting and off ice instruction

6-7 - On ice instruction

Jun 14th & 21st, Jul 12th & 19th - [Jersey Fitting](#) @ McKendree Metroplex

PLEASE bring shoulder pads for proper fitting

Jun 19th & 26th - [14U Checking Clinic](#)

Jul 10th - [Little Blues Learn to Play](#) @ McKendree Metroplex

Kids ages 4-9 that have not participated in organized hockey before.

6 weeks 6:00—6:45

Jul 10th - [Future Hawks Continue to Play](#) @ McKendree Metroplex

Jul 10th, 17th, 24th, and 31st - [16U Pre-Camp](#)

Jul 15-16 - 3 v 3 DawgNation tourney, hosted by Ice Hawks & TBL @ East Alton Ice Arena

Aug 12th - [Juice Cup Golf Tournament](#)

Registration is almost full, hurry if you want a spot

Nov 10th - [Glo Bingo](#) - Keep an eye out for more details

**Coming
Soon**



- Artificial ice shooting surface
- 4 shooting lanes
- Goalie Crease
- Strength/Conditioning Area

We are in the process of finalizing the agreement for the Hawks Nest off ice training facility. We are reaching out to the coaching staff to begin developing a training schedule. Summer training will be done by birth year, once teams are set for the fall the schedule will be reworked to provide time for each team.



**Located in Lebanon, 8
minutes from the rink.**



Lady Hawks



The Lady Hawks kicked off the holiday weekend and summer vacation with some competitive hockey at a Memorial Day friendly game against the Raging Unicorns. Check out the photo from game! The girls from both teams had a blast, built some camaraderie and enjoyed the friendly competition. The Lady Hawks continue to grow but still need your help to spread the word to meet our expansion goals!!

We hope to see lots of new faces at the rink this year! To help grow us, when you are chatting with your friends this summer and telling them how much you enjoy hockey and the Club, tell them all kids are always welcome in the Hawks to play in any of our programs. Some parents don't realize females also can play with any of our teams, so please stress girls can play coed, the all-female Lady Hawks or both!

Thanks for your support of our Lady Hawk's program!!



Training & Camps



Upcoming Important Training Dates

May 31 - Summer Skills w/Elite Hockey at the Metroplex - Limited spots remain - Registration/More Info [Here](#)

Thursdays, Jul 13 - Aug 3rd - [Summer Goalie Ice with 3E Instructors](#)

Jul 17-21 - Top Gun Camp at Metroplex - Full

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

May & Jun

Sunday 3:30-4:30 All ages

Monday 6:15-7:15 10U (Parent & Child)

Wednesday 4:45-5:45 All ages

Thursday 5:00-6:00 15+

Saturday 2:15-3:15 10U (Parent & Child)

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

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

Training & Camps

Camps for the summer - this does not represent an endorsement of anyone listed.

We apologize this is late coming out and some of the camps will be full. We do encourage getting on the waitlist if they are full. Our goal in future newsletters is to provide open registration dates for camps as they become available.

[St Louis Hockey Training](#)

[Elite Hockey Training](#)

[Synergy Hockey](#)

[Apex Skating](#)

[Gretzky Hockey School](#)

[MPI Hockey Academy](#)

[Laura Stamm Power Skating](#)



Players

Zone



Good Luck to all our players in their summer activities!!!!

Strength/Conditioning recommendations

Coming out of spring hockey it's time for a break, or more accurately, we would say it's time to rest and recover.

Sports science continues to find that active recovery methods are actually superior to doing nothing at all. Meaning, if you want to recover faster, then it's beneficial for you to partake in a low-intensity activity as opposed to just sitting there and playing video games all day.

Light activity improves blood flow to the muscular system and creates a type of "flushing effect" within your sore and damaged muscles. It helps bring the fatigue by-products out while simultaneously delivering glucose and amino acids to support accelerated repair processes.

Light swimming, going for a bike ride, or just simply going for a hike are all kid-friendly activities that would work really well during this timeframe. After some time you will be ready to for some skill work, below we have a few recommendations based on your experience level.

Hockey training recommendations

Beginner

Simple stickhandling and technique tips

<https://www.youtube.com/watch?v=9Kk4U0WQC-E>

Intermediate

Stickhandling and light exercises

<https://www.youtube.com/watch?v=ex6v0WMkns8>

Advanced

20-minute stickhandling workout to improve your hands

https://www.youtube.com/watch?v=_h0YChuCxSk

*Q: Where is the best place to shop for hockey shirts?
A: New Jersey.*

*Q: Why can't you play hockey with pigs?
A: They hog the puck.*

Parents

Zone



Well it's officially offseason, time to let the kiddo's relax, play some other sports, and heal up. Summer camps are right around the corner and then you'll start to hear about tryouts/ evals for next season. Though it's important to keep working on their game it's also important to make sure everyone is getting a break from the game so it doesn't start to seem like work. Help your player find that balance, sit down with them and talk through their goals/desires for next season.

Equipment tips:

It's offseason, now is a great time to try and eliminate the stink from your players gear. Anything that isn't leather can be washed in your washer and set outside to dry. Another method is to soak it in the tub with a 1/2 cup of borax or other non-bleach detergent, soak for an hour and rinse thoroughly.

Pull inserts from skates and let them dry, check rivets for rust and have any loose ones replaced.

Use wet wipes to wipe the inside of helmets or any hard plastic.

Avoid submerging any goalie gear in water, instead use a sponge to wipe down all surfaces and any crevices.

For more equipment tips and information check out our friends at [SkateTech](#).

Learn to talk like a hockey player, we know it seems like your player is speaking a different language sometimes, here's a few tips to help you out:

Celly: a celebration after a goal is scored. Depending on the score, stakes, and opponent, varying levels of cellying is acceptable.

Bar Down/Bar Mexico: a type of shot that hits the bottom of the crossbar and shoots right down into the net.

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

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

If you are interested in helping with fundraising or have other opportunities that could benefit our entire club, please reach out to CJ Rogers or the applicable chair member.

Juice Cup

- Chair—Brittany Whittenburg

Glo Bingo

- Chair—Angie Harshbarger