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The

Face

Off



Southern Illinois Ice Hawks: Keeping the Game Fair and Fun

Hey Ice Hawks Family!

As your REDSS Director, I wanted to take a moment to shed some light on what our committee does and how we contribute to making our organization not just competitive but also a safe and respectful environment for everyone involved.

What We Do Our primary goal is to ensure that the game we all love is played fairly and safely. This means we keep a close eye on adherence to the rules and regulations of MO Hockey. But it's not just about penalties; we're also here to promote sportsmanship, respect, and integrity among players, coaches, and even spectators.

Our Process Whenever there's an incident that may breach our code of conduct – be it on or off the ice – it's our job to review it. We take a look at all sides of the story, ensuring that everyone's perspective is heard and considered. Our decisions are based on the severity of the incident, past records, and the need to maintain a positive and healthy environment for all.

Your Role As members of the Ice Hawks family, you play a crucial role too! We encourage you to uphold the values of our organization, to play hard but fair, and to treat everyone with respect. If you see something that doesn't sit right, let your Team Manager know. Your feedback is crucial in helping us maintain the integrity of our game. Prevention is better than the cure!

In Closing Remember, the Disciplinary Committee isn't just here to enforce rules. We're here to support a positive and enjoyable experience for everyone. Let's all work together to make this season one of the best yet!

Skate hard, play fair, and remember the most important rule of hockey: have fun!

Scott Loehring

REDSS Director, Disciplinary Committee



AND WE'RE OFF!!! Welcome to the craziness that is youth hockey season. By now hopefully everyone is getting into a rhythm for practices and games. While hockey does take up a lot of time please remember to remind and help your kids take care of their own health and school-work. If players aren't feeling well please keep them home, sickness sweeping through a team at this time of year can be devastating. Also, make sure you are supporting your team by continuing to volunteer for the timekeeper, scorekeeper, and penalty box slots for your games.

Dues payments/invoices

Just a reminder to ensure you are up to date on your dues payments/invoices on Crossbar. If you are delinquent on payments as of December 31, 2023 we are required to report you to Missouri Hockey as not in good standing.

SafeSport Training

Please make completing the REQUIRED SafeSport training a priority! Everyone needs to have this done by December 31

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 USA Hockey Confirmation Number to the SIH SafeSport Coordinator to certify your SafeSport training completion for the year no later than Dec 31.

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

Ice Hawks Gear:

Our online store for Ice Hawks and Lady Hawks gear is available until Dec 15th. If there are items you want please take the time to order them before it closes. Click these links for more info: [Ice Hawks](#) and [Lady Hawks](#)

Online Swapmeet

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



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

BLUE NOTE CUP DATES - All games will be played at Centene Comm Ice Center

PLEASE, PLEASE make sure your schedules are free for this weekend, it is crucial we have all players and they be at top form for these games.

Feb 22-25, 2024 - Blue Note Cup Playoff Games

Mar 2-3, 2024 - Blue Note Cup Championship Weekend

Mar 2-3, 2024 - 2024 Blue Note Cup 6U & 8U Festival @ Centene

Players

Zone



Keep up the hard work!!!!

Strength/Conditioning recommendations

Now we're really getting into the main part of the season. It's important to make sure you are taking care of your body. Proper rest/sleep is very important in helping your body recover, make sure you getting it to give you the best chance for success out on the ice. As we move into winter this is a time when sickness starts to happen, please DO NOT share water bottles with your teammates. Strength and conditioning work can continue to be done during the season, but please keep in mind the number of games you have coming up in a weekend and workout accordingly.

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

Beginner

Use both arms for shooting, [Click Here](#)

Intermediate

Add more snap to your shot, [Click Here](#)

Advanced

Harder shots through better hand positioning

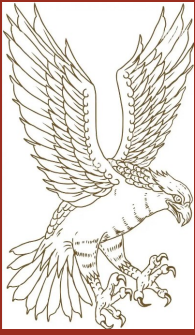
[Click Here](#) & [Click Here](#)

Q: What do you call a monkey who wins the Stanley Cup?

A: A champion.

Q: What do you get if you cross a snowman and a vampire?

A: Frostbite!



Hawks on Parade

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



Grinder Goblin Champs

12U - A1



10U - A3

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

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



Hawks on Parade

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email us at: SocialMedia@IceHawksHockey.org

**St. Louis Gateway Classic
SO MANY CHAMPIONS!!!!**



10U - B2



12U - A1



14U - A2



10U - C2

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



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[Find Ice Hawks on Instagram 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>

Hawks Nest

Coaches can schedule time for the Hawks Nest [Here](#)

The Hawks Nest is our off ice training facility located in Lebanon

405 N Madison St.
Lebanon, IL 62254

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